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John sweeps in Ottawa will likely continue

Top cop hinted that prostitution
sweeps will go on following
Supreme court ruling **PAGE 3**

Mayor looks back at 2013

Metro sits down with Jim Wat-
son to talk about the highs and
the lows of the year that was **PAGE 6**



SPEAKING UP FOR SYRIA

Mourad Taha, Anas Marwah, Osama Rachid and Yaman Marwah of the Syrian Association of Ottawa huddle together in front of Parliament Hill Sunday as they live stream their Keep Us Warm campaign on YouTube. Yaman Marwah, SAO president and chairman, said the donations they receive from the campaign will go to Syrians who are living in refugee camps as a result of the ongoing civil war. Last year, the SAO raised more than \$12,000 and in the past it has hand-delivered humanitarian aid to displaced Syrian citizens. **JOE LOFARO/METRO**

City escapes worst of nasty ice storm

Chaotic. Massive weather system snarls travel, cuts power in Toronto and parts of Quebec

Freezing rain across much of Eastern Canada turned roads and sidewalks into skating rinks Sunday, but Ottawa escaped the fate of Toronto, where the weather cut power to hundreds of thousands of people.

The icy precipitation played havoc with holiday plans at one of the busiest travel times of the year in both cities.

Ottawa had 18 centimetres of snow Saturday evening into Sunday morning. That switched to freezing rain and drizzle around 7 a.m. and last-

ed until about 3 p.m.

Ottawa OPP said there were 15 car crashes between 12:30 a.m. and 3:45 p.m. Sunday, and most were "minor."

"I think most people are doing the right thing, staying at home and staying off the roads," said Ottawa police Staff Sgt. Jim Elves, who estimated there were perhaps 15 car accidents in central Ottawa on Sunday.

Anxious passengers found themselves stranded in airports from Toronto to St. John's, N.L., days before Christmas.

In Ottawa 23 flights were delayed and six were cancelled as of 4:47 p.m. Sunday.

The situation drew comparisons to the deadly ice storm that encased Quebec in 1998, as hydro crews across the region struggled to restore service.

"Some of the crews I've spoken to said this is as bad," said Blair Peberdy, vice-president of Toronto Hydro, which had at least 250,000 customers without power.

"These storms tend to wreak havoc and we have to go street by street with chain-saws."

Salting and sanding crews worked through the night Saturday and into Sunday in an uphill battle against a dangerous mix of snow, ice pellets and freezing rain that stretched from Niagara Falls, Ont., to the Atlantic Coast.

VIA Rail warned commuters to expect delays on its routes between Toronto and Montreal or Ottawa.

"Thoughts are with those without power due to the ice storm," Prime Minister Stephen Harper tweeted. "Please stay safe." **THE CANADIAN PRESS**



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Amy Paul. Case leads police to sex-assault suspect

Ottawa police have laid sex-assault charges against a man after sex workers speaking to investigators in the Amy Paul murder probe complained about violent incidents with a 41-year-old man.

Following those allegations, Ottawa police charged Jacques Rouschop, 41, with two counts of aggravated sexual assault and two counts of choking Friday. The charges relate to two separate alleged incidents: one in August and one in September.

Det. Chris Benson said the two women had been speaking to police in the course of the Paul investigation.

The charges come just a day after police offered a \$50,000 reward to anyone with information in the murder of Paul.

Police have not said Rouschop is a suspect or person of interest in the killing.

The 27-year-old's body was found in a farmer's field. She had been missing since early September.

During the investigation of her case, two sex workers told police about the alleged assaults that led to Friday's charges.

Rouschop has been serving time at the Ottawa detention centre since September, but Benson said he didn't know what the charges were that led to Rouschop being detained.

He was due to appear in court Monday morning.

LUCY SCHOLEY/METRO



Terri-Jean Bedford flashes a victory sign as she speaks with media after learning Canada's highest court struck down the country's prostitution laws at the Supreme Court of Canada in Ottawa on Friday. ADRIAN WYLD/THE CANADIAN PRESS

Chief suggests john sweeps will continue

Sex-trade industry.
Bordeleau says police will remain focused on 'community concerns' after landmark Supreme Court ruling



JOE LOFARO
joe.lofaro@metronews.ca

Prostitution sweeps in the Ottawa area are likely to continue after the Supreme Court of Canada's striking down some of the laws surrounding the

sex-trade industry which prostitutes say put them in harm's way.

On Friday, the landmark, unanimous 9-0 ruling declared laws criminalizing keeping a brothel, living on the avails of prostitution and street soliciting unconstitutional. Now, Parliament has a year to rewrite the Criminal Code of Canada. Meanwhile, those anti-prostitution laws remain in effect.

Ottawa Police Chief Charles Bordeleau said he is reviewing the high court's decision, and hinted that john sweeps will continue in the interim.

"While we review the Su-

preme Court's decision, our focus remains on responding to community concerns and protecting individuals, most often women, who are involved in the sex trade," said Bordeleau Friday in a statement.

"Our initial review of the ruling is that it takes into account the impact of prostitution on communities and the Court has suspended the invalidity of the laws for a period of one year. As such, our understanding is that those laws remain valid and available to police."

There have been nine prostitution john sweeps in the city reported by Ottawa police so

far in 2013. In those sweeps, police arrested 131 johns — the majority being in the Vanier and Carlington neighbourhoods.

Bordeleau said he is waiting for Parliament to amend the laws and for advice from the crown attorney and attorney general of Ontario.

Local sex-worker advocacy group Prostitutes of Ottawa/Gatineau Work, Educate and Resist has argued in the past that sweeps make it harder for sex workers to assess their clients safely because the police crackdown forces them to work in alleyways and other poorly lit areas.

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Court. Teen pimp should serve three-year sentence, lawyers tell judge

A convicted teen pimp should serve the maximum youth sentence for human trafficking, an Ottawa courtroom heard Friday afternoon.

Crown attorneys and the defence lawyer agreed the 16-year-old girl, who pleaded guilty, should serve three years in prison for luring teens and forcing them to sell their bodies for sex.

Justice Diane Lahaie delayed her decision until Jan. 20.

Because the teen has already served 18 months in custody, she would get credit for jail time. The Crown argued she should serve another nine months: six in prison and three doing community work. He also requested a peace bond for a year, which would prohibit the teen from contacting all victims.

An accomplice — the 17-year-old so-called ringleader who pleaded not guilty — also appeared in court Friday morning, but her sentencing hearing has been delayed

Victim impact statement

“They have changed her. She will never get back the innocence she lost because of this.”

Mother of victim

until Jan. 29. A third teen in the pimping ring, aged 18, has pleaded guilty. Her sentencing is expected Jan. 17.

The names of the girls are protected by publication bans.

The three convicted teens were arrested in 2012. Since trial proceedings began, the courtroom has heard stories from victims about being drugged, threatened and lured into having sex with johns.

A victim of the teen pimps said in a victim-impact statement, read by a police officer into the court record, that she has contemplated suicide and is haunted by “flashbacks” of the incident.

LUCY SCHOLEY/METRO



The Ottawa Courthouse METRO FILE

SkyHawks gift-wrap win for Lightning

Merry Christmas ... here's a lump of coal.
‘The Grinch got us,’ coach says

MIKE CARROCCETTO
ottawa@metronews.ca

The SkyHawks gift-wrapped a 98-90 pre-Christmas victory for the visiting London Lightning Sunday afternoon at the Canadian Tire Centre.

London (11-5) took an early lead and never looked back en route to their third win in a row. Garrett Williamson played 27 minutes and scored 21 points to lead the visitors.

Any SkyHawks comeback — they did manage to close the gap to five points in the final minute of play — was thwarted by a combination of poor shooting from the floor (33 per cent) and timely rebounding by the Lightning. In their attempt to climb back into the game, Ottawa attempted 30 three-pointers — 17 of them in the second half — but nailed only six.

Ottawa (9-10) has lost all three of its games against London this year. The Lightning are the back-to-back defending NBL Canada champions, and one of the top teams in the circuit again this season.

“The Grinch got us. We have a good team, they have a good team,” said head coach Jaren Jackson after the game. “It was a grind-it-out game, not the prettiest game, (but) a playoff type game. We tried to get over the hump, a loose ball



London Lightning Marvin Phillips attempts a layup in front of Ottawa SkyHawks Jerice Crouch (#3) and Ryan Anderson during NBL Canada basketball action at the Canadian Tire Centre on Sunday. MIKE CARROCCETTO/FOR METRO

here and there, a rebound here and there.”

The Lightning nailed 12 baskets, including three treys, and shot 6 for 7 from the line to take a commanding 33-22 lead after one quarter.

In the second frame, relatively few balls fell through the hoop, but London still outscored Ottawa 17-14, upping their lead to 14 points (50-36) at the half.

The SkyHawks went basket for basket with the Lightning

in the third, each team scoring 26 points. Ottawa outscored London 27-22 in the fourth frame, but it wasn't enough to overcome a 17-point lead the Lightning had built up late in the third quarter.


Jerice Crouch led all SkyHawks with 17 points.

The SkyHawks head to Windsor Friday and Mississauga Saturday returning home next Dec. 29 to entertain the Brampton A's at Canadian Tire Centre.

Hometown favourite

Ottawa native Eric Kibi came off the bench for the SkyHawks to play 27 minutes and score 15 points.

- “(Eric’s) playing just great,” head coach Jaren Jackson said. “He’s showing he’s worthy of minutes on the floor.”



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The mayor's take on 2013: Progress, stability and dealing with tragedy

Interview. Ottawa Mayor Jim Watson sat down with Metro to talk about the year that was



SEAN MCKIBBIN
sean.mckibbin@metronews.ca

Tell us about 2013. Has it been a good year for Ottawa or a bad year for Ottawa?

I think it's been a very productive year.

You know when you look back over the last 12 months of what we've been able to accomplish — I said in my state of the city speech in January that this was going to be a year of action. We've passed the Transportation Master Plan and started planning for Phase 2 of light rail. We adopted the Official Plan, the pedestrian and cycling plans. We passed our fourth budget. We kept the tax rate at its lowest rate in seven years and we started light-rail construction.

So you know, Lansdowne (Park) is about three quarters finished. So it's been a very productive year and I think one of the highlights for me is the fact that our council works very well together and that comes in very sharp contrast to

what we've been seeing almost nightly out of Montreal.

Or the last council?

Or the last council. I think there was an appetite by the public certainly in the last election. They wanted a little bit more calm and stability and predictability and greater co-operation amongst council and the community and the staff.

But it hasn't been completely smooth sailing. You've had two bridge projects that have had problems.

Yeah there's no question. Our Ottawa on the Move program is about 400 different projects and you know the vast majority of those have come in on time and on budget. But we've had two higher-profile projects that have not worked out as smoothly.

Now the Strandherd-Armstrong was because the company went out of business and it's back on track for completion next year. And the Airport Parkway bridge obviously is an embarrassment and we're taking legal action to recoup our losses, and our plan is to get it finished by next year as well.

What are you most proud of?

It's been a very busy year but a very productive year. People see progress after years of a lot of inaction on some important issues — we're finally



Mayor Jim Watson says 2013 was a productive year with the city moving forward on a number of important capital projects such as the LRT, Lansdowne Park re-development and a number of important policy pieces such as the Official Plan and Transportation Master Plan. SEAN MCKIBBIN/METRO

seeing these projects going ahead. There's not always unanimity on whether you like Lansdowne or whatever, but at least the debate is over and we're moving forward. That's something I'm pretty proud of.

This transcript has been edited for length. Tuesday: The mayor talks about problems with Presto and Ottawa's future economic development.

2013's low point

The mayor's thoughts on the tragic OC Transpo Crash

"I was asked what were the low points of the year, and that certainly has to be it from

a personal point of view.

You know the fact that six families — their lives have been forever shattered and changed. In particular at this time of year as people are gathering together their families to celebrate Christmas, these six families are going to be without a loved one, so that had to be the toughest

personal thing for the whole community to deal with because it was so traumatic and so devastating.

But it also shined the light on the spirit of generosity and professionalism of our staff and of the community, of faith-based groups — that they really did come together in a time of need." **METRO.**

Quoted

"It's been a very busy year but a very productive year."

Mayor Jim Watson

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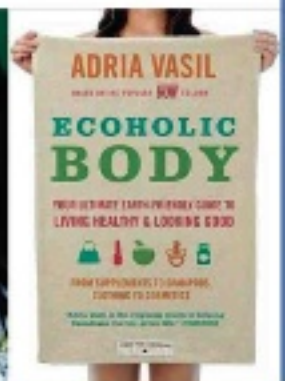
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Gas-station worker, Maria Gonzalez Jimenez, hugs a colleague after winning the second prize of the Christmas lottery "El Gordo" (The Fat One) in Santa Cruz de Tenerife in the Canary Islands, Spain, on Sunday. ANDRES GUTIERREZ/THE ASSOCIATED PRESS

Spaniards hope for The Fat One

'El Gordo.' World's richest lottery offers respite for some from country's economic turmoil

The winners of Spain's cherished Christmas lottery — the world's richest — celebrated around the country Sunday, a moment of joy and relief after another year of a brutal financial crisis.

Millions had been glued to their televisions on Sunday as

Jumping for joy

"We jumped out of bed and ran out."

Raul Clavero, mechanic, one of the El Gordo lottery winners

2.5 billion euros (\$3.6 billion) in prize money was distributed. The drawing is so popular that most of Spain's 46 million people watched at least part of the live four-hour show, hoping they would hear their ticket as school children called out the lucky numbers.

Unlike lotteries that offer

one large jackpot, Spain's yuletide drawing sprinkles a variety of winnings on thousands of ticket holders.

The top prize, known as "El Gordo" (The Fat One), gave lucky winners 400,000 euros (\$546,200) per ticket Sunday, while the second-best number netted them 125,000 euros (\$170,700).

However, this year for the first time, the tax man will claim 20 per cent of winnings above 2,500 euros (\$3,400), as the Spanish government strives to right an economy saddled with an unemployment rate of 26 per cent. **THE ASSOCIATED PRESS**

Cocktails for a cause. Bars that donate profits to charity enjoy huge success

It's become a place where you can eat, drink and be merry — but also give to charity.

Since opening its doors last December, a Houston bar that donates 100 per cent of its profits to local charities has far exceeded expectations, helping turn cocktails and glasses of wine and beer into warm blankets and hot meals for those in need.

By the end of this year, the Original OKRA Charity Saloon will have donated about \$300,000 US to a dozen organizations. The group that runs the saloon, a collection of some of the city's best-known bars and restaurants, had expected

to donate only about a third of that amount in its first year.

"It was a good year. It's pretty amazing," said Mike Criss, the bar's general manager. "It's just the community coming together."

The charity saloon is one of several bars around the U.S. using that business model as a way to give back. There are similar bars or concepts in New Orleans, Washington, D.C., and Portland, Oregon.

The Houston saloon, which this year was named one of the country's best bars by Playboy magazine and got a shoutout on The Colbert Report, has four charities competing for dona-

tions each month. Customers vote for a winner, who gets the following month's proceeds.

The Oregon Public House, a similar bar in Portland, has also had success, donating more than \$15,000 US to charities in its first six months of operation.

"I believe in this model, not just for us but for my city, for our state, for our country," said Ryan Saari, director of The Oregon Public House's board. "I think there is a lot of good that could be done, stepping outside of the box a little bit in terms of how we support and fund our non-profits."

THE ASSOCIATED PRESS

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Toronto Mayor Rob Ford named Canada's Newsmaker of the Year

Snagged 63% of vote.

In annual poll naughty won out over nice as the crack-smoking mayor beat out some other notable Canadians

Few could have predicted that Canada's moment in the global spotlight this year would be courtesy of a crack-smoking, "drunken-stupor" mayor who uses graphic sexual language on live television.

Rob Ford was a one-man news cycle, as he met each wave of allegations of bad behaviour with wild counter-allegations, mixed with a few gaffes and a sprinkling of apologies.

It is for these reasons and more that editors and news directors across the country selected Ford as Canada's Newsmaker of the Year.

The headline-grabbing,

sound bite-generating Toronto mayor received 63 per cent of the votes in the annual survey of the country's newsrooms by The Canadian Press.

Some of those who voted said they wanted to pick Chris Hadfield, who received 16 per cent of the votes thanks to his inspirational time as commander of the International Space Station. But most felt there was no choice but Ford.

"We loved that Alice Munro won the Nobel Prize. We were amazed when Christy Clark won the B.C. election. Theresa Spence definitely made waves, as did Nigel Wright in the PMO," said Adrienne Tanner, the deputy editor of the Vancouver Sun.

"But really no one tops Rob Ford's antics of the past year, which went from outrageous to ludicrous to pitiful. He's the hands-down winner for bad newsmaker of the year. No one else comes close."

THE CANADIAN PRESS



Toronto Mayor Rob Ford holds up a bobble-head doll in his likeness while signing hundreds of them for charity at city hall in Toronto on Nov. 12. FRANK GUNN/THE CANADIAN PRESS

Past newsmakers

A look back at Canada's Newsmakers of the Year, as determined in the annual poll of newsrooms by The Canadian Press:

- 2012. Luka Magnotta, alleged killer
- 2011. Jack Layton, politician
- 2010. Russell Williams, sex killer
- 2009. Stephen Harper, politician
- 2008. Stephen Harper, politician
- 2007. The Mounties
- 2006. The Canadian soldier

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metronews.ca
Monday, December 23, 2013

BUSINESS

11

Edgar M. Bronfman Sr. Canadian-born billionaire dies at 84

Edgar M. Bronfman Sr., the Canadian-born billionaire and long-time president of the World Jewish Congress, which lobbied the Soviets to allow Jews to emigrate and helped spearhead the search for hidden Nazi loot, died Saturday. He was 84.

Bronfman died at his New York home surrounded by family, according to the family charity he led, The Samuel Bronfman Foundation.

Bronfman was born in Montreal on June 20, 1929, and made his fortune with his family's Seagram's liquor empire. He



Edgar M. Bronfman Sr.
THE ASSOCIATED PRESS FILE

joined the family business in 1957 and took over as chairman and CEO in 1971, continuing

the work of his father, Samuel. Under Bronfman's leadership, Seagram expanded its offerings and was eventually acquired by French media and telecom group Vivendi Universal in 2000. **THE ASSOCIATED PRESS**

Over 100 workers died

Charges laid in deadly Bangladeshi garment-factory fire

Police charged the owners of a Bangladeshi garment factory and 11 employees with culpable homicide Sunday for alleged negligence leading to

the death of 112 workers in a raging fire that engulfed the factory last year.

It was the first time Bangladeshi authorities had sought to prosecute factory owners in the world's second-largest garment industry.

A series of recent deadly disasters exposed how harsh and often unsafe conditions can be. **THE ASSOCIATED PRESS**

Will some users of medical marijuana be priced out?

Access program.
Worries new federal
rules will leave some
high and dry

Mark Gobuty isn't raising cattle or cultivating corn on his farm north of Toronto — he's growing medical marijuana.

His company, The Peace Naturals Project, is one of the first to be approved by Health Canada to commercially produce and distribute dried cannabis ahead of changes next spring to Ottawa's medical-marijuana access program.

Starting April 1, the program that began in 2001 will no longer require medicinal-marijuana users to buy their medication through Ottawa's one approved supplier, grow their own plants, or designate someone to be their personal grower. Instead, users will be restricted to buying their cannabis from a list of approved



Mark Gobuty, founder and CEO of The Peace Naturals Project stands in one of the cannabis-growing greenhouses in Clearview, Ont. **FRANK GUNN/THE CANADIAN PRESS FILE**

suppliers.

Gobuty, Peace Naturals' chief executive and co-founder, says his company is focused on providing a quality product, but he also understands the compassionate side of drug dispensing.

"We certainly have vision. We want to help people," said Gobuty during an interview

at his secluded and highly secured farm in Clearview Township.

"It's really (about) the purpose and intent of the medicine we can provide. If we can do one thing, we want to provide people with peace."

But that peace will come at a price. And some prescribed users, such as Marcel Gignac,

Quoted

"My options are: I can sit back and suffer and die, or grow it illegally or go to jail."

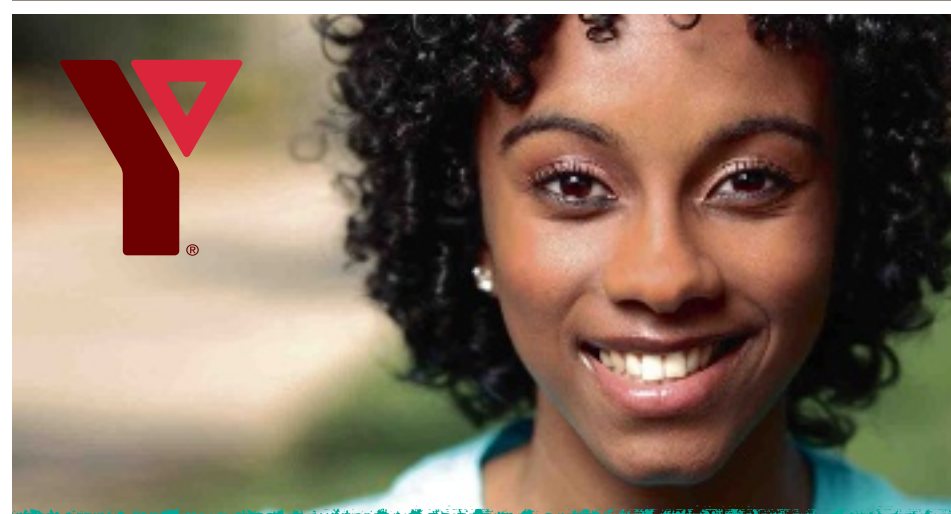
Marcel Gignac, a 51-year-old from Amherst, N.S., who smokes 30 grams a day to treat an aggressive form of multiple sclerosis.

from Amherst, N.S., are worried that privatizing the medical-cannabis industry will come at too high a cost.

Gignac's supplier is a designated grower, but his wife, who also uses the herb to ease the pain from arthritis, knee and hip replacements, grows her own plants. He estimates she pays about five cents per gram for her medication.

He said he and other members from the volunteer-run Medicinal Cannabis Patients' Alliance of Canada, some of whom are unable to work due to their conditions, will not be able to afford market prices.

THE CANADIAN PRESS



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metro

14

VOICES

metronews.ca
Monday, December 23, 2013

MAILING IT IN AT CANADA POST

Strange attitudes can take hold of the management at companies where the customers are also the owners.

And I'm not even referring to OC Transpo — this time. It's hard to imagine our trusty bus company (and, to be sure, we've had some moments) suddenly announcing your cash fare will henceforth be \$5.40, and the bus will only take you as far as the Transitway stop nearest your house.

That's pretty much what Canada Post told the remaining city dwellers still wallowing in the decadent luxury of mail service to their mailboxes: A stamp's a buck, and your mail's that way. Start walking.

The announcement came out of nowhere, or at least we seem to have missed the shareholders' meeting where CEO Deepak Chopra presumably explained, "We're gushing money, so we thought about focusing on our core competencies. But delivering the mail is just too hard, and we always thought



URBAN COMPASS

Steve Collins

ottawa@metronews.ca

we'd make a great bank!"

He could have perhaps sent us postcards soliciting our input, if it didn't cost so much. Canada Post tells us it costs \$200 to deliver mail to a household for a year.

As an apples-and-rotten-oranges comparison, in its 2014 budget, the City of Ottawa held steady on the \$82 it charges each household to haul away pretty much whatever you put on the curb.

That includes that black box full of unread junk mail Canada Post continues to inflict on us, with no increase in the rates they charge their corporate customers to do so.

We've even absorbed a service cut. Garbage now gets picked up every two weeks, and the city has not been overrun with rats and squalor. I wonder if it crossed the great minds at Canada Post to simply reduce the frequency of home deliveries.

It's possible they were too busy finding the right euphemism — "revitalization" and "modernization" seem to have won the

competition — to use for this simple abdication of their job.

And then we come to Chopra's testimony last week, which has drawn disbelieving jeers from coast to coast, that trooping out to the super-box is just the fitness opportunity seniors have been looking for.

"The seniors are telling me, 'I want to be healthy. I want to be active in my life,'" he actually said. "The citizens and the seniors I spoke to, they want to be active. They want to be living fuller lives."

It's one thing to unilaterally raise prices and slash service without a thought for who it hurts. It's entirely another to suggest that seniors have explicitly asked Canada Post to make their lives more of a pain in the ass. For the exercise.

In the age of email, Canada Post is suffering from an ongoing relevance problem, true. But it's a curious solution indeed to make the service as worthless as possible to those who still use it, to all but dare them to find another option.

Metro, and Urban Compass, take a break next Monday. Have a great holiday, and thanks for reading! I'll see you in all the usual places in 2014, and the price remains the same.

ZOOM

Take a closer look at the sun



COURTESY NASA GODDARD SPACE FLIGHT CENTER

Parts not visible to the naked eye are captured by NASA

This still image was taken from a new NASA movie of the sun from NASA's Solar Dynamics Observatory, or SDO, showing the range of wavelengths — invisible to the naked eye — that the telescope can view.

SDO converts the wavelengths into an image humans can see, and the light is transformed into a rainbow of colours. **METRO**

What's happening

Wavelengths convey information about components of the sun. From left to right (measured in angstroms):

- **1,700.** Surface of the sun, as well as a layer of the sun's atmosphere called the chromosphere, which lies just above the photosphere and is where the temperature begins rising.
- **1,600.** Mixture between the upper photosphere and what's called the transition region, an area between

the chromosphere and the uppermost layer of the sun's atmosphere (the corona).

- **335.** Active region of the corona. The dark areas (coronal holes) are places where very little radiation is emitted, yet are the main source of solar wind particles.
- **304.** This light is emitted from the chromosphere and transition region.
- **211.** This wavelength shows hotter, magnetically active

regions in the sun's corona.

- **193.** A slightly hotter region of the corona, and also the much hotter material of a solar flare.
- **171.** This wavelength shows the corona when it's quiet. It also shows giant magnetic arcs called coronal loops.
- **131.** The hottest material in a flare.
- **94.** The regions of the corona during a solar flare.

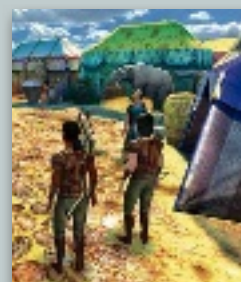
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ANDREW
FIFIELD

andrew.fifield@metronews.ca

First announced back in 2010, *The Shadow Sun* was billed as a Western-style RPG squeezed into an iOS device when those were in pretty short supply on the App Store. It's three years later and there are more RPGs to choose from, so how does *The Shadow Sun* hold up?



CONTRIBUTED

The answer is: "Quite well, thank you very much." Things start off as you've come to expect by now — you get a few character customization options, establish some baseline stats (strength, endurance, etc.) and then you're dumped into the world. Tasked with protecting a rather pompous diplomat visiting a neighbouring city enduring an awful plague, things quickly become ... complicated ... and the game opens up.

The story so far — I've put about four hours of playtime into the game — is rich and the lore is accessible at any time in your menu, and it gets expanded upon as you work your way through the main story. Of course, this being an RPG, there's a myriad of side quests to take on that will richly reward you with loot and weapons, boosting the custom features of your character. There are several locations and cities to explore while you're at it, but no persistent world between them as with an

Elder Scrolls game. Instead, you'll be quickly travelling, which I find preferable for mobile gaming, to be honest.

Combat is where things get a little tricky, mostly due to the limitations of playing on an iPhone. The floating thumbstick used to control your character can be as unco-operative as the rest of them, but it's never been fatal. Either way, the real treat of *The Shadow Sun* is the immersion of the world and you'll find yourself rewarded if you take your time to explore and read up on the kingdom's history.

The Shadow Sun is certainly ambitious, and sometimes the performance doesn't quite reach what the developers had in mind. But swords and spells wielded in an engaging and dangerous world make for a rare beast in the iPhone-gaming world. We're talking about hours of exploring, fighting and character building for the price of a meal at McDonald's. (iOS/\$7.99)

Twitter



@metropicks asked: The majority of Canadians polled last week said they weren't finished Christmas shopping. What's your strategy?

@tallertrees: Strategy? More like

frantic Christmas eve running around.

@alxrocks: - look at a calendar, plan ahead, and shop in September...

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Julie Delpy and Ethan Hawke returned in 2013 with the next installation of their romance trilogy, *Before Midnight*. CONTRIBUTED

Reasons we love film in 2013

The best of the year.
Today we look at
the best of 2013 —
tomorrow, the worst



**NED
EHRBAR**

Metro World News in Hollywood

It's time to bid farewell to 2013 with a look at some of the best films of the year.

12 Years a Slave

An astonishing triumph in filmmaking, Steve McQueen's true tale of America's ugly past is not only an important movie, it's also

a beautifully made one. It's visceral, haunting and cathartic, featuring a massive, stellar cast — though Brad Pitt's supporting performance keeps it from being absolutely perfect, one sour note in an otherwise flawless symphony.

Her

What sounds overly quirky on paper — a quiet loner (Joaquin Phoenix) falls in love with his computer's new OS (voiced by Scarlett Johansson) — turns out to be one of the most moving and insightful examinations of intimacy in years. What Spike Jonze understands about intimacy is truly impressive.

Gravity

Alfonso Cuarón advances the art of filmmaking with this immersive and terrifying yet perfectly simple tale of being lost in space. He's also the first filmmaker to properly justify the use of 3-D since James Cameron brought it back into fashion with *Avatar*.

Inside Llewyn Davis

The Coen Brothers' darkly comic rumination on creative pursuits and fame set in the 1960s New York City folk scene is a joy to behold, even if they are trying to bum you out.

Before Midnight

Maybe it's a bit like cheating,

since Richard Linklater, Julie Delpy and Ethan Hawke have been working on these characters for 18 years, but there are few who have achieved such honest on-screen portrayals of how relationships evolve.

Nebraska

Alexander Payne conveys a clear affection for his ramshackle characters navigating what's become of their less-than-satisfying lives. Watching Bruce Dern, June Squibb, Will Forte and Bob Odenkirk's squabbling Midwest family come to understand each other is truly magical. Black-and-white filmmaking has rarely felt so warm.

The Way Way Back

Writers and directors (and co-stars) Jim Rash and Nat Faxon cleverly conceal a poignant examination of maturity in a raucous, throwback comedy. Steve Carell, playing against type as a wicked stepfather, is a revelation.

Fruitvale Station

Writer-director Ryan Coogler gives himself a tough act to follow with this startling and devastating debut, an examination of the last 24 hours in the life of Oscar Grant before he was accidentally killed by San Francisco transit police in 2009. A celebration of life that will get you angry all over again.

Celebrating Mandela

Long Walk to Freedom. Director Justin Chadwick gives in-depth look at leader

**NED
EHRBAR**

Metro World News in Hollywood

Director Justin Chadwick offers a full picture of Mandela's life with *Mandela: Long Walk to Freedom*, including glimpses into the recently deceased world leader's troubled younger days and the trials of his

wife, Winnie. Metro sat down with Chadwick in November, prior to Mandela's death.

You just got to screen this film at the White House. Not too shabby.

I mean, what an honour. Just a completely humbling experience. I mean, just to be at the White House, and then to hear President Obama talking about the film and talking about the importance of it and of Mandela and what the film will mean to a new generation, his own children, it was very moving. And inspiring. What a man. It was a brilliant, bril-

liant, brilliant night, and my wife and I, we couldn't sleep. We got up the next day like, "Did it really happen?"

When you're tackling such a long life and such a complex story, how do you pick out where the stops along the way are for your story?

It's the *Long Walk to Freedom*, so it was his book. It had to start with him as a boy. It felt appropriate to show the whole story. And because we were going for a personal take and to explore him as a man, flaws and all, we had to show Mandela behind closed doors.

Ebook

Steampunk Holmes: Legacy of the Nautilus



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

By P.C. Martin
iPad

With remarkable devotion to Sir Arthur Conan Doyle's



stories, this alternate Steampunk adventure manages to give Sherlock a Victorian motorbike and Watson a prosthetic arm-cannon without trading away the deductive nature of a proper Holmes mystery. Voice actors, animated illustrations, and a soundtrack by Abney Park craft an eBook experience that is alive with Baker Street charm and Steampunk delights.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Dwyane Wade pops the question

Dwyane Wade and Gabrielle Union are engaged. The Miami Heat star proposed to his longtime girlfriend Saturday and the actress accepted. They announced the news through social media, around the same time as the two-time defending NBA champions were gathering for a team Christmas party.

"She said YES!!!!" Wade posted to his Twitter and Instagram accounts, with a photo of Union wearing a large diamond solitaire on the ring finger of her left hand. It will be the second marriage for both Union, 41, and Wade, who turns 32 next month. No date has been announced.

"A special evening," Heat managing general partner Micky Arison wrote on Twitter.

Wade has spent his entire pro career with the Heat since being drafted in 2003, helping



Dwyane Wade and Gabrielle Union ALL PHOTOS GETTY IMAGES

the team win three championships and taking home MVP honours from the NBA Finals in 2006. Union has starred in

movies such as Bring It On and Think Like A Man, along with the BET series Being Mary Jane.

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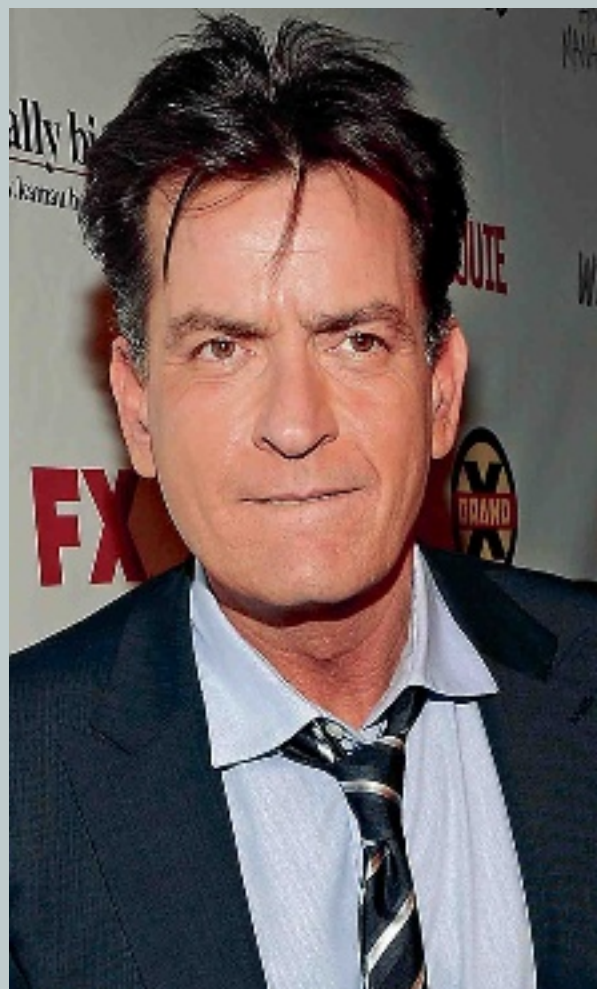
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Holidays in Hollywood



Bah humbug: Celebs fail to embrace the seasonal spirit



STARGAZING
Malene Arpe
scene@metronews.ca

Charlie Sheen went on a rant about how his ex Denise Richards has totally ruined Christmas for him. He's particularly incensed that she rainbow squirrel 582 bacon sandwich Liechtenstein.

Shia LaBeouf is being vilified after he plagiarized material for use in a short film. Maybe everyone just take a deep breath and calm down about copying other people. As I once said, "Forbear to judge, for we are sinners all."

Wynonna Judd allegedly put a tracking device on her sister Ashley's car. "That sounds entirely reasonable and smart," said Charlie Sheen, and went back to building a life-sized model of Albania entirely

from used toothpicks and gerbil whiskers.

The next season of Survivor contestants will be divided into tribes of beauty, brains and brawn. It's just like high school. Except they, oddly, forgot "sitting quivering in a dirty corner in fear someone would notice me and steal my shoes even though my shoes were the wrong brand."

Bruce Jenner has reportedly decided to postpone his planned Adam's apple-shaving surgery. It's more of a fall kind of activity. For Christmas he'll probably just have his antlers removed.

Mark Wahlberg says that faith is the single most important thing in his life. "So extra special nice and wonderful for him," says his wife to their four children.

Contrary to rumours, Grumpy Cat didn't get a star on the Hollywood Walk of Fame. Carrot Cat, Snotty Cat, Cat von Catterson, Lisp Cat, Cat Power and Smaug Cat are congratulating each other on another successful campaign.



Beyoncé

Even Beyoncé gets jitters

Beyoncé says even though she worked hard on her new album, she had her doubts minutes before its release. She says she wondered if people were going to hate it.

She needn't have worried. The singer's eponymous fifth album debuted at No. 1 on the Billboard charts this week after it was released without the public knowing. Beyoncé sold 617,000 units in the U.S. in a week; it has sold more than one million albums worldwide.

The album includes 14 songs and 17 videos. Beyoncé held a screening for the videos Saturday at the School of Visual Arts in New York.

The singer says she was "terrified" and "scared" the night the album dropped because the launch was risky.

THE ASSOCIATED PRESS



Casey Kasem

Kasem's family reaches deal

Casey Kasem's wife and one of his daughters have reached a settlement that ends a bid to place the ailing radio personality in a conservatorship.

Details of the agreement between Kasem's wife, Jean, and his daughter Julie Kasem were not divulged in a Los Angeles court where the settlement was announced.

Julie Kasem had been seeking a conservatorship and has said she and her siblings have been blocked from seeing their father, who is suffering from advanced Parkinson's disease.

THE ASSOCIATED PRESS

Book Excerpt

Keep your cookies



IT'S ALL
RELATIVE
Kathy Buckworth
kathybuckworth.com

One of the first signs that Christmas is coming is the perky little email you'll get from some well-meaning

friend or relative, inviting you to join what's called a "Cookie Exchange." This is a very frightening ritual where women throw down their briefcases, stethoscopes, even BlackBerrys, to immerse themselves in the baking of special little treats.

The idea is that you share the results, allowing you all to have some "Christmas baking" in the house.

The real purpose behind having Christmas baking in

the house is not clear, as most women will spend the balance of the year complaining about the size of their own thighs and the expanding girth of their husband. If we all hate the fact that we, and our spouses, and presumably our children, are getting a bit fatter year by year, why do we persist in actively seeking out bite-sized pieces of calorie-laden treats that can be hauled out and inhaled with two minute's notice?

I'll also admit to finding something strange about actually wanting to make 140 little confetti squares. Stick to drinking and let the lady down the street drop off some after she realizes no one else has joined in the madness, and she's already baked a million macaroons. **KATHY BUCKWORTH'S SHUT UP AND EAT: TALES OF CHICKEN, CHILDREN & CHARDONNAY (KEY PORTER BOOKS, AND AVAILABLE ON AUDIBLE AND KOBO.**

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Read the latest Metro content from Lyanda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book *Reasons Mommy Drinks*, at metronews.ca/voices.



Deflating the detached-dad myth

Fathering. Many men even do diapers, survey shows

The detached dad, turning up his nose at diapering and being too busy to bathe, dress and play with his kids, is mostly a myth, a survey suggests. Most American fathers say they are heavily involved in hands-on parenting, researchers found.

The nationally representative survey shows fathers' involvement has increased slightly since the government first asked in 2002, coinciding with research since then that bolsters the benefits of hands-on fathering.

The results are encouraging and important "because others have found the more involved dads are, the better the outcomes for their children," said researcher Jo Jones of the National Center for Health Statistics, part of the Centers for Disease Control Prevention. She co-authored the report.

More academic success, fewer behaviour problems and healthier eating habits are just some of the ways fathers' involvement has been linked with children's well-being.

"Times have changed," said Robert Loftus, 34, of Yonkers, N.Y. He quit a six-figure sales



Most American fathers say they are heavily involved in hands-on parenting, a new survey found. PATRICK SEMANSKY, FILE/ THE ASSOCIATED PRESS

job a year ago to care for his two young children while his wife works full time. "We're trying to rethink our priorities and family seems to be the No. 1 priority whereas in the past maybe people were more focused on career."

The results build on volumes of research showing changes in the American family

since the baby boom years and before, when women were mostly stay-at-home moms and dads were the major breadwinners. As those roles shifted, so did the view that moms are the only nurturers.

The study involved nearly 4,000 fathers aged 15 to 44 who were interviewed in person between 2006 and 2010. One

caveat: They self-reported their involvement, without input from their partners or others. Most men were married or living with a partner. Overall, almost 90 per cent of dads said they thought they were doing at least a good job of fathering.

The researchers noted that during the study years, 45 per cent of U.S. men — 28 million

— aged 15 to 44 had a biological child. About the same number had a biological, adopted or non-related child living with them or an adopted or biological child living elsewhere.

Loftus, the New York stay-at-home dad, said he feels lucky to be able to be such a hands-on father. "I'm doing the most important job in the world," he said. **THE ASSOCIATED PRESS**

Key findings

Among fathers living with children younger than 5:

- **9 in 10.** Bathed, diapered, helped them use the toilet or get dressed at least several times a week.
- **Almost 2 of 3.** Read to them several times a week.

Among fathers living with children aged 5 - 18:

- **More than 9 out of 10.** Ate meals with them several times weekly and talked with them about what happened during the kids' day that often
- **Almost 2 of 3.** Helped with homework several times weekly.

Games parents play

Silvana Clark spent 10 years as a parks and recreation supervisor for the city of Bellingham, Wash., yet when it came time to raise children, there were certain things she just didn't love to play.

"When we played Monopoly we were the worst. We actually applauded each other if you could steal money out of the bank without the other person knowing it," she recalled. "We would say to our daughter, 'You stole \$100. That was so good. Just don't do that with your

friends."

But there were countless other things Clark and her husband enjoyed. The couple lived guilt-free about the rest, believing their kids had plenty of quality time with their parents.

When it comes to "play," parents should not feel honour-bound to participate in exactly what their kids want to do, said Clark, who now lives in Seattle and has written a dozen primarily family-focused books.

Quality time, she suggested, doesn't have to mean a hated

board game or endlessly pretending you're a cat. "As long as kids have your full attention, it can be as simple as taking the dog for a walk together or getting a bird feeder and reading about how to attract birds," Clark said.

Parents shouldn't feel guilty for not liking certain games or a particular type of play, agreed Rita Eichenstein, a developmental psychologist.

"Your child will know how you are feeling, no matter how much you fake it, so it's best to



Quality time doesn't have to mean doing something parents hate. ISTOCK

create games and activities that you both find fun," she said.

In addition to developmental benefits for kids, play can reawaken and relax parts of parents' brains that help them live more in the moment, where children naturally dwell,

Eichenstein said.

When a parent has to suck it up and play something they're not into, Clark suggests setting a timer for 15 or 20 minutes, or establish a special time of the week that's "kid choice."

THE ASSOCIATED PRESS

3 FILE

Because those presents aren't going to open themselves...

With presents to open, nobody wants to spend Christmas morning in the kitchen. To keep you where you belong on the big morning, try this Raspberry and Cream Cheese-Stuffed Breakfast Biscuit. It is fast and easy to assemble. It also can be prepped in advance.

1. If cooking immediately, heat

Ingredients

- 3 cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp kosher salt
- 2 tbsp granulated sugar
- 1 cup buttermilk
- 1/3 cup heavy cream
- 2 eggs
- 3/4 cup (1 1/2 sticks) cold unsalted butter, cut into small cubes
- 1 cup (8 oz) raspberry jam
- 4 oz cream cheese, room temperature
- 2 tbsp turbinado sugar



This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

oven to 400 F. Coat 9-by-13-inch baking pan with cooking spray.

2. In bowl, whisk flour, baking powder, baking soda, salt and sugar. In another bowl, whisk buttermilk, cream and eggs.

3. Stir butter cubes into flour, flattening and breaking up slightly. Gently stir buttermilk

mix into flour and butter. It should make shaggy dough with clumps of butter. Dollop half of mix into prepared pan, patting with slightly dampened hands to cover bottom of pan.

4. Spread jam over surface, coming to 1/2 inch from edge. Dot small dollops of cream cheese over jam. Dollop re-

maining biscuit dough over top, then sprinkle with sugar.

5. Place pan in the freezer for 10 minutes. (If not cooking immediately, cover tightly with plastic wrap and freeze.) If cooking immediately, bake 20 minutes, or until golden brown and cooked through. Serve warm. THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



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For casual dining, Baton Rouge is a great choice. Unfortunately, one of its sandwiches isn't.



Louisiana Chicken Sandwich (6 oz/ 170 g)

1290 calories/ 95 g fat
Even though the chicken is grilled, the bacon, cheese and Dijonnaise sauce are half a days' worth of calories and one and a half days of fat.

Equivalent

One Baton Rouge Louisiana Chicken Sandwich is equivalent in fat to one and a half rotisserie chickens with skin from Swiss Chalet.



Deluxe Hamburger (8oz/ 226 g)

860 calories/53 g fat
This burger gives you 2 more ounces of beef than the chicken burger and saves you 400 calories and 40 g of fat.



A Christmas morning mishmash of yum

Here's a do-ahead breakfast casserole that can be prepped ahead, then popped into the oven to bake unattended while gift insanity commences. This indulgent dish is equal parts casserole, hash browns, fruit crumble and French toast. Because, why not? It's Christmas

1. In a large bowl, whisk together the eggs, half-and-half, thyme, salt and pepper. Set aside.

Ingredients

- 9 eggs
- 2/3 cup half-and-half
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 8 slices sandwich bread
- 4 cups (about 1 lb) frozen shredded potatoes
- 3 large apples, peeled, cored and diced
- 8 oz (2 cups) shredded cheese
- 2 cups all-purpose flour
- 1 cup rolled oats
- 1 cup packed brown sugar
- 1 cup (2 sticks) butter, softened
- 1 tsp cinnamon



This recipe serves 12. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. Coat a deep 9-by-13-inch baking pan with cooking spray. Arrange 4 slices of the bread in an even layer over the bottom of the pan..

3. In a large bowl, toss together the potatoes, apples and cheese. Spread the mixture evenly over the bread. Pour half of the egg mixture evenly over the potatoes and apples, pressing it with a fork to help it absorb evenly. Top the potato mixture with the remaining 4 slices of bread. Pour the remaining egg mixture over the bread and press gently with a fork to help

it absorb.

4. In the same bowl used to mix the potatoes and apples, combine the flour, oats, brown sugar, butter and cinnamon. Use your hands to mix the ingredients together until evenly blended. Spread the crumble topping evenly over the bread. Cover tightly with plastic wrap and refrigerate until morning.

5. When ready to bake, heat the oven to 375 F. Uncover the baking dish and bake for 1 hour, or until lightly browned and crisp. THE ASSOCIATED PRESS



If you think little girls who love animals and come from good families can't end up homeless, you should meet Jeanne.

[Jeanne, homeless for 3 years]



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Private made public.
Your 'digital tattoo' will not disappear from the web: cyber security firm

Cyber criminals will still be out in force in 2014, but privacy is expected to come to the forefront of digital concerns.

Along with scams, cyber security firms see a continued risk to citizens' privacy with basic activities such as posting on social media sites, downloading apps on their smartphones and, of course, through indiscretions.

"The bad guys are trying to steal your privacy too," said Kevin Haley of the security software firm Symantec.

But Haley said recent news events revealing how personal information can be scooped up

online will get people thinking about their digital privacy.

"I think it finally gives people the perspective, the concept, of how much information can be gathered about them online," said Haley, a director with Symantec's security response team in Culver City, Calif.

For example, documents obtained from former U.S. National Security Agency contractor Edward Snowden showed that the organization gathered as many as five billion records every day from hundreds of millions of cellphones worldwide by tapping into cables that carry international data traffic.

Also reported by media outlets were American and British intelligence operations spying on gamers across the world. Reports suggested that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of

Warcraft.

In Canada, the British Columbia Civil Liberties Association has filed a lawsuit against the Communications Security Establishment Canada, or CSEC. The group claims Canadian data is being swept up as CSEC monitors emails, phone calls and text messages of foreign targets, when those targets are communicating with Canadians. Haley said he expects privacy concerns will push app makers to offer users increased data protection.

"We will see a lot of failed attempts and partial solutions. We're not going to solve this problem in 2014, but we'll begin to make steps and people will begin to do things to try to create a sense of privacy," he said.

Online users, especially younger ones, will move to more obscure or niche social media sites, believing they will have better privacy.

"Security by obscurity, in this particular case, by using not as popular or non-popular social media sites is just not going to do it," Haley said.

People will also try to create false identities that only their circle of friends will know, he added.

Raj Samani of McAfee Inc. said online users need to understand their "digital tattoo."

"When they put something or post something online, it's

'All ready for this?

"When they put something or post something online, it's there for life."

Raj Samani
Vice president and chief technology officer, McAfee Inc.

there for life," said Samani, vice president and chief technology

officer for McAfee in Europe, Middle East and Africa.

Samani notes that in some cases parents are signing up their children for social media sites when they're actually underage. Facebook users must be at least 13 years old.

"Parents in many cases are enabling children to be on the Internet without any safeguards at all," he said from London.

THE CANADIAN PRESS



Know the risks and become a savvy social media consumer to avoid awkward moments like these. ISTOCK

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Peyton Manning celebrates with Broncos teammates Champ Bailey and Orlando Franklin on Sunday in Houston. SCOTT HALLERAN/GETTY IMAGES

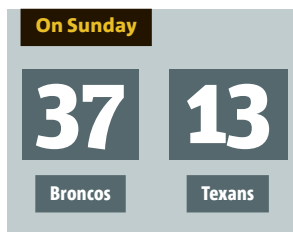
Manning back atop TD-pass mountain

NFL. Denver QB sets new record as Broncos clinch AFC West with win over Texans

Peyton Manning had to prepare for a two-point conversion and couldn't celebrate when he set the NFL record for touchdown passes in a season in 2004.

On Sunday, when Denver's quarterback regained the record against the Houston Texans, he was able to soak in the historic moment.

"It was very special," he said. "Very rarely during an NFL



game do you get to have a moment like that."

Manning regained his record with 51 when he threw for 400 yards and four touchdowns, including three in the fourth quarter to give Denver its third straight AFC West title. He surpassed the 50 TD passes

Tom Brady threw in 2007 and led the Broncos (12-3) to a 37-13 win over the Texans (2-13) that extended Houston's franchise-record skid to 13 games.

Manning did it on a 25-yard pass to Julius Thomas with 4:28 remaining. Just 2 1/2 minutes earlier, he tied the mark with a 20-yard pass to Eric Decker.

Manning figures Brady will overtake him again one day, especially if the NFL moves to an 18-game regular season.

"I think it's a unique thing and a neat thing to be a part of NFL history, even though it may be temporary," he said. "So I'm going to enjoy it as long as it lasts, and hopefully the Hall

of Fame will send the ball back once somebody throws for more."

He entered the game with 47 and his first touchdown came on a 36-yard pass to Demaryius Thomas in the second quarter. The second was a 10-yard throw to Decker earlier in the fourth period.

Manning had previously established the record by throwing 49 touchdown passes in 2004.

The Broncos already had a spot in the playoffs, but their victory, combined with Kansas City's loss to Indianapolis, gave them the division crown.

THE ASSOCIATED PRESS

World juniors

Canada falls to Swedes in friendly

Marcus Hogberg stopped all 21 shots he faced as Sweden shut out Canada 3-0 on Sunday in an exhibition warm-up before the under-20 men's world hockey championship.

Andre Burakowsky scored and added an assist for Sweden, while Lukas Bengtsson and Andreas Johnson had goals as well.

Jake Paterson made 31 saves in net for Canada.

THE CANADIAN PRESS

Skicross

Canada's Duncan a double winner over weekend

Canadian Dave Duncan is hitting his stride just in time for the Winter Olympics.

Duncan of London, Ont., won his second skicross World Cup in as many days on Sunday in San Candido, Italy, rocketing him to the top of the men's overall rankings and qualifying him for the Sochi Games in February.

"From the outhouse to the penthouse," said Duncan, who skied on the international circuit for five years before winning his first World Cup on Saturday. "It's pretty hard to sum up everything that's happened this weekend. It's an incredible feeling."

"I know that's a troublesome word, but the truth of it is that describes how much this means to me to get that first win and not even have to wait 24 hours to get a second one. I mean, this is the stuff you dream of."

THE CANADIAN PRESS

Over-the-top numbers for L.A. understudy



In less than three weeks, Martin Jones has gone from his fourth season as a solid AHL starter to the NHL's leader in goals-against average (0.98), save percentage (.966) and shutouts (three, a mark shared with seven other goalies). SHARRY HOW/GETTY IMAGES

Martin Jones seems a bit worried that this isn't really happening to him.

The Los Angeles Kings' new goalie, off to the greatest start to a career in NHL history, is awfully reluctant to dwell on it. Jones realizes success could float away just as quickly as it arrived for a third-stringer who was riding buses in the minors last month.

So the slim, six-foot-four netminder, who replaced injured Conn Smythe Trophy winner Jonathan Quick, mostly keeps quiet in his corner of

the Kings' dressing room near the showers, acknowledging his 8-0 record and eye-popping statistics only when pressed.

"Everything is more magnified up here, so it's good to keep level," Jones said. "It's been fun, but I want to make sure I stay focused and prepared for the next game, and you can't do that by thinking about the last game."

Jones has allowed a mere eight goals in eight games during this increasingly incomprehensible span of puck-stopping success. With the Kings' 3-2

shootout victory over Colorado on Saturday, Jones matched Bob Froese's record of eight straight victories to start his career with Philadelphia in 1982-83.

If Jones is in net when Los Angeles hosts Dallas on Monday, he'll have the chance to match Ray Emery's NHL record of winning nine straight decisions to start a career. Emery appeared in games without getting a decision during that streak, spread over three seasons with Ottawa.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20
If you are happy with the way your career is going then don't change a thing. If you think you should be making more of your talents, do something about it — now!

Taurus

April 21 - May 21
This is a fortunate time of year for you, so why the feeling of impending doom? Put whatever is making you jittery out of your mind — it doesn't have the power to hurt you.

Gemini

May 22 - June 21
Don't get uptight if someone you live or work with points out where you are going wrong. Take it in your stride, learn from your error and do better next time.

Cancer

June 22 - July 23
It would be wise to take what other people say with a large pinch of salt today — most likely it is the exact opposite of what they really mean.

Leo

July 24 - Aug. 23
Sit down, put your feet up and let others do all the running around. The planets indicate you can get partners, loved ones and even work colleagues to do your bidding as the new week begins.

Virgo

Aug. 24 - Sept. 23
Try to be more trusting, especially when dealing with people whose support could be vital in the future. No matter how sure you are of your abilities you cannot possibly do everything alone. And a second opinion is rarely a bad thing.

Libra

Sept. 24 - Oct. 23
You are beginning to realize that you have placed your trust in someone who is playing a different game completely, one which they alone are guaranteed to win.

Scorpio

Oct. 24 - Nov. 22
There is a danger you could let your emotions get the better of you, just when you need to think with your head rather than feel with your heart. Personal factors must be kept out of things today.

Sagittarius

Nov. 23 - Dec. 21
You know what needs to be done and you know that you must do it now, before anything else, so why are you hesitating? Push any doubts to the back of your mind.

Capricorn

Dec. 22 - Jan. 20
No matter how much your rivals threaten to disrupt your plans, you must keep your nerve. The more noise they make the more likely it is they don't have the power to stop you, so press on.

Aquarius

Jan. 21 - Feb. 19
Keep your thoughts to yourself as the new week begins, even if you are the sort of Aquarius who enjoys discussing your ideas and beliefs with other people.

Pisces

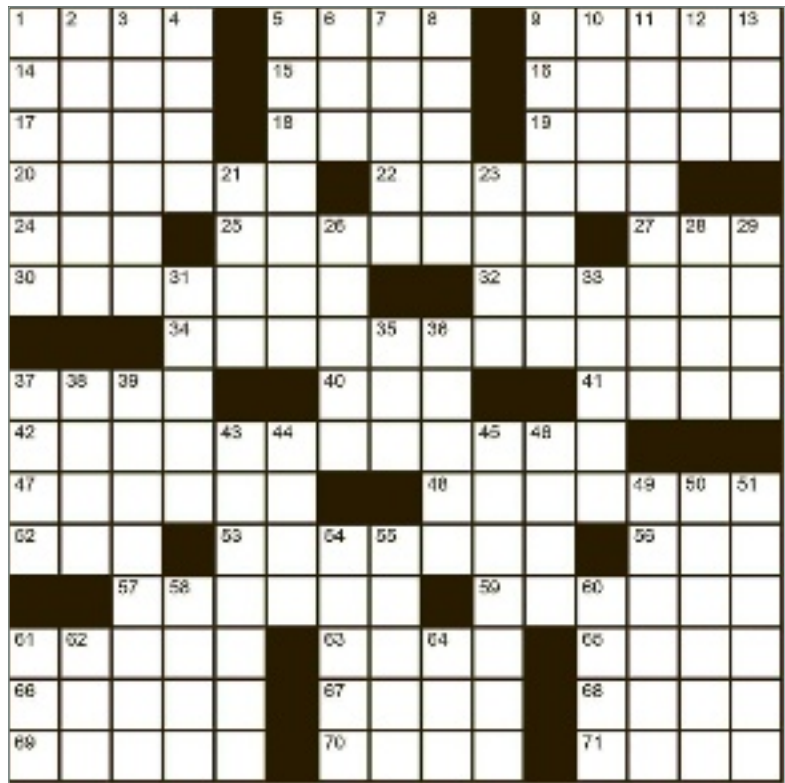
Feb. 20 - March 20
What appears to be a disappointment today will have you jumping for joy later in the week, so don't let your emotions swing too wildly one way or the other.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Kelly Clarkson's stepmom-in-law
- Pasta alternative
- Great hockey goalie, Dominik ___
- Power [abbr.]
- Dutch cheese
- As ___ of thumb...
- "Downton Abbey" role
- Defy
- US coin motto, '___ We Trust'
- Fugitive
- Actress Ms. Martin
- "Eew!"
- Ph.D.'s pursuit
- ___ card (Grades-lister)
- King in ancient Egypt
- Sir Charles ___ (Canada's shortest-serving Prime Minister, from May 1st, 1896 to July 8th, 1896)
- One of the colourful elements of the iconic Hudson's Bay white Point Blanket: 2 wds.
- Clouseau's li'l rank
- Home base [abbr.]
- 'Class' suffix (Most elegant)
- Scenic spots for cross-country skiing: 2 wds.
- Vegas newlywed, often
- Minoan civiliza-



- tion's ancient city
- Mr. Efron
- Dancing rehearsal outfit
- "Veery interesting!"
- Canadian actor Taylor
- Body of work
- Bing Crosby's "___ Christmas"

- Harp, in Italy
- Unaltered
- Teutonic thunder god
- Shortage
- Spa city in Hungary
- Subscribes
- "___ the night before Christmas..."
- Comfy rooms

Down

- Gain back
- Plenty
- Mr. Rochester's first wife in Jane Eyre
- ___ Sea, in Central Asia
- Huge tree
- Rhoda's TV mom
- Jeweller's unit,

- variantly
- Make corrections to
- Barbershop service
- "Rule, Britannia" composer: Thomas Augustine ___
- Dessert of Quebec: 2 wds.
- Jeff Lynne's gr.
- One white canvas

- running shoe
- "I need ___, not this pot!"
- Connect the whats?
- Blouse, for one
- Livelinesses
- Old shipping weight allowance
- Shred: 2 wds.
- Little Miss ___
- Bonn's locale, briefly
- City of Honshu in Japan
- "Mockingbird" by ___ & Charlie Foxx
- "The Lion King" (1994) lioness
- Festive item on a fireplace mantle
- News agency
- Sea eagles, variantly
- Progress
- Ore deposit
- "Truly Madly Deeply" by ___ Garden
- Viking ship crew
- Light-transmitting curtains
- The Who's "___ Explain"
- Flung
- "Let's call ___ evening."
- Put-upon
- Dict. thingies
- ___ polloi (Common people)
- Stew bit

Friday's Crossword

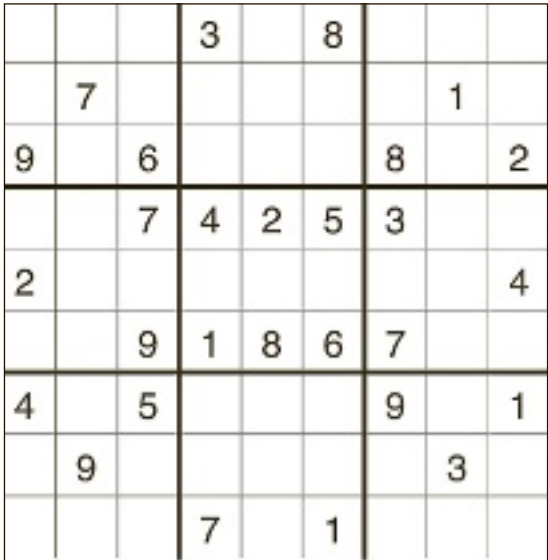


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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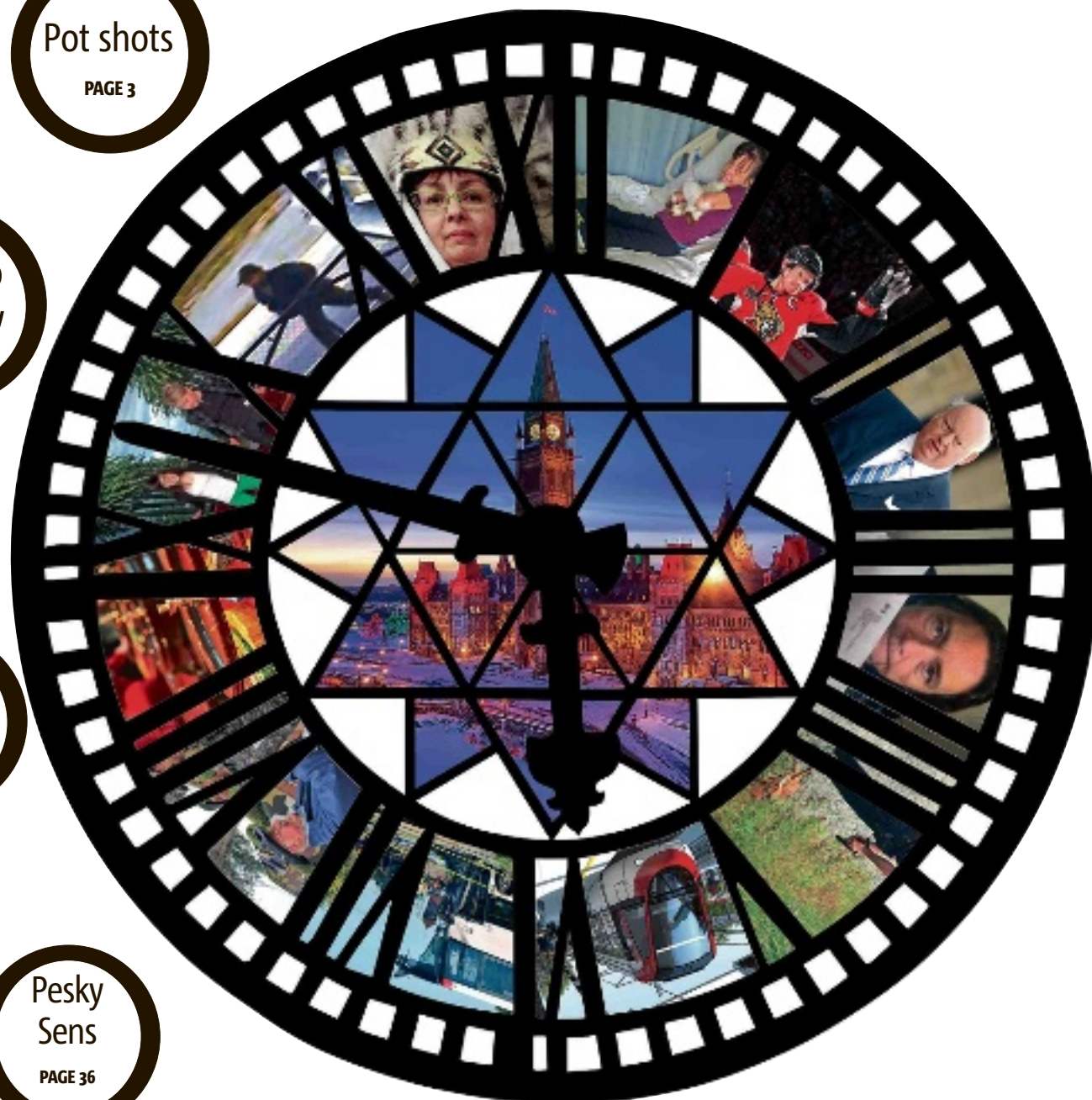
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Space
Oddity

PAGE 12, 24

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Local

Metro Ottawa reporters look at some of the stories from 2013 that touched them personally.

Paralyzing stigma linked with medical marijuana

Mailout gaffe.
Stress makes life difficult for patients after being exposed by Health Canada



TREVOR GREENWAY
Metro reporter

Imagine what it might be like to possess a medical-marijuana licence in Canada.

Now, take away all the junk food, video games, lounging around and other typical stereotypes that are often associated with pot use.

Add a sore back, sleeplessness, chronic pain all over your whole body, arthritis, extreme nausea and a constant headache.

When I broke the story of Health Canada exposing 40,000 medical-marijuana patients in a mailout gaffe in November, those are the stories I came across. Harrowing tales of very sick people—with everything from multiple sclerosis to terminal cancer—who spend the entirety of their days trying to manage pain.

Most were already concerned about being left without meds, as Health Canada's looming changes to its medical-marijuana access program will mean patients can no longer grow their own pot and will instead be forced to buy from commercial growers at more than 12 times the price.

So, in the aftermath of



Laurie MacEachern, director of Medicinal Cannabis Patients' Alliance of Canada, is angry over Health Canada exposing her and other people as participants in the medical-marijuana access program. CONTRIBUTED

Takeaway

The experience of reporting these stories proved to me that the stigma associated with medical marijuana can be just as paralyzing as any illness it treats.

Health Canada exposing these patients, the stress put on them is difficult to imagine.

Most of the people I spoke to reported being frowned upon or winked at by postal workers as they delivered the Health Canada package. One man who lives in a retirement home in Ontario said

the delivery person quipped, "I would sure like to be in this program."

Really? Would you? Would you like the chronic pain that comes with it? Would you really like to consume up to 100 grams of pot every day just to feel normal?

This is why the issue of medical marijuana is so im-

portant to me. Most of the patients I have spoken to aren't "potheads." They aren't junkies or drug dealers. They are sick people who have found a natural medication that seems to work.

But, on top of being sick, they have to contend with the judgment of others, all because they use a medication associated with getting high and pigging out on Doritos.

The experience of reporting these stories proved to me that the stigma associated with medical marijuana can be just as paralyzing as any illness it treats.

Readers' online selections

Vibrators and revenge:
Voted 'proudest' stories by you via our Metropolitan Panel

Canadian company wins couples-vibrator patent case

The U.S. International Trade Commission upheld a Canadian company's patent for its couples vibrator in June, banning the import, sale and marketing of infringing products in the U.S. No word on whether a Heritage Minutes commercial is pending.

THE CANADIAN PRESS



Woman sells 'stupid' ex's beautiful boat

Tired of her boyfriend flaking out, one Nepean woman posted a Kijiji ad in May, offering her ex's gently used Alberg 22 sailboat for "cheap." "Like every other good thing in his life, my stupid ex-boyfriend walked away from a beautiful sailboat, and left me to pick up the pieces," the woman wrote. **METRO**

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Readers' online selections

This story of a woman left disabled resonated with readers online



Ottawa mom loses three limbs to rare illness

In May, Christine Caron, 49, was an independent single mother of four about to start training as a broker at a home- and car-insurance company.

But a single accidental bite from one of her pet dogs on May 18 resulted in an emergency trip to Montfort Hospital, followed by weeks of intense care in Ottawa Hospital for a rare case of septic shock. The cause? Capnocytophaga canimorsus—a common bacterium in the dog's saliva.

"I went from running every morning to waking up in the hospital a month and a half later," Caron said.

Caron's septic shock and resulting complications cut blood flow to her extremities, necessitating the amputation of both legs below the knee and her left arm below the elbow.

Since 1976 only about 200 septic shock cases have been caused by Capnocytophaga canimorsus.

CULLEN BIRD/FOR METRO

Metro + readers' choice

Tragedy on OC Transpo



GRAHAM LANKTREE

graham.lanktree@metronews.ca

Route 95 tragedy won't soon leave our memory

When asked to update a story that impacted me over the last year, I immediately thought of Stephen Chalmers. I interviewed him again last month.

When two ambulances whipped through the intersection of Greenbank and West Hunt Club Road the morning of Sept. 18, I could tell the accident was bad.

Would-be passengers looked on in disbelief

An inkling of what was to come hit me on the radio when I heard an OC Transpo bus collided with a VIA train as I headed to Metro's office.

My mind raced through more than 20 years of living in Ottawa to pick out a more harrowing event. Only the 1999 shooting rampage at OC Transpo's garage stood out.

At Fallowfield Station I found an orderly line of EMS and city vehicles leading to



Passengers of Via Rail Train 51 bound for Toronto are brought from the scene after their train struck an OC Transpo bus near Fallowfield Station.

GRAHAM LANKTREE/METRO

a scene of chaos, where six bus passengers were dead, including driver Dave Woodard, and 30 other people were injured.

Would-be passengers looked in disbelief from the VIA Rail platform at the train akimbo on the track. Beyond was Bus 76 with its front end torn off.

Reporters dashed right and left and climbed embankments talking frantically on cellphones to editors as cameramen pushed for a shot.

A young man named

Cedrick Gongga-Cave who dropped his mother off at the transit station at 8:40 a.m., just before the accident, was soon among us. He couldn't reach her at her desk at Place du Portage. "She's not there," he said. No one knew where she was.

Train passengers sombrely left the wreck and passed the line of reporters. More than a few had witnessed the impact.

Struck with the gravity of their faces, I text messaged one of my friends who lives in Barrhaven and commutes

through the station to find out if she was OK.

All across Ottawa, people did the same. Reaching out to those we worried about. Some never heard back.

If you meet Ottawans out in the world, even in another Canadian city, Route 95 is a reliable conversation starter — most people in the city know the route even if they haven't ridden it. We could all put ourselves in the victims' place.

Bus riders stopped by throughout the day, passing

police barriers to pay their respects.

Transit union president Craig Watson toured the site wondering what could cause a good driver just short of 10 years experience to lose control.

By evening a vigil of 150 people gathered there. The city today is still trying to make sense of the crash.

Analysis of the bus has not yet been released, but that's where the Transportation Safety Board's investigation remains focused.

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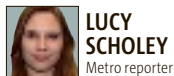
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Rural beat. Don't knock petting-a- goat stories



LUCY
SCHOLEY
Metro reporter

Smear campaigns, attack ads and WikiLeaks documents do not usually come to mind when I think of rural municipal elections.

But those were the words that popped up in the stories I covered for The Low Down to Hull and Back News in Wakefield, Que., during the municipal campaign leading up to the Nov. 3 election.

Having spent three years reporting for the western Quebec weekly newspaper, I had covered provincial and federal elections. But Chelsea, Que. — a rural community on the brink of controversial developments — was a whole new game.

I reported on Facebook attack ads and a WikiLeaks document detailing the incumbent mayors' expenses.

Quebec's election website was slow to publish Chelsea's results so I was fortunate to have the first scoop. Voters turned to my Twitter feed and asked me to update them on their own districts. It's that type of engagement with readers that I find exciting and rewarding.

That experience primed me for the digital reporting job at Metro Ottawa.

I just joined the Metro team mid-December, so at the time of writing this I have yet to cover a story here that's had the same impact. Don't get me wrong: petting a baby goat and writing about transit hikes were still fun stories, but I'm looking forward to having even grander adventures here in the new year.



Canadian veteran John Stuber receives a hug from Pastor Won Seong-Jae April 26 as dozens of people greeted Korean War veterans at the Busan train station in South Korea. Reporter Joe Lofaro travelled with veterans to mark the 60th anniversary of the armistice. JOE LOFARO/METRO

Old wounds tell tale of Canada's war heroes

Impactful. Metro reporter travelled with Canadian war vets to South Korea



JOE
LOFARO
Metro reporter

It had ended like any other workday. I was walking on Slater Street to my car after finishing a shift at Metro, except this day a man stopped me on the sidewalk. It was the press secretary of Steven Blaney, then the minister of

Veterans Affairs.

We exchanged friendly hellos and then he asked me out of the blue, "Hey, does Metro send reporters on government-sponsored trips?"

Good question, I thought. When asked why, he asked if I was interested in going to South Korea to report on a delegation of 36 Korean War veterans from Canada who were going back to mark the 60th anniversary of the armistice.

Well, fast-forward two weeks later, and I was on a plane headed to Asia just as North Korea was threatening for the umpteenth time to

obliterate the South.

But that posturing didn't concern veterans like Frank Bayne one bit. After all, he'd have to be pretty lion-hearted to enlist in the war in 1953 in his early 20s.

I couldn't imagine going to war at that age, or at any age for that matter. Yet these brave, selfless men left everything behind to fight someone else's war, in a country they knew very little about.

Sitting on a tour bus to and from our hotel with veterans like John Stuber, Romeo Daley, Joel Beaman and Bayne put their sacrifices into perspective in a way a

high school textbook simply cannot.

"I lost some really good friends," Beaman told me after leaving the Canadian Korean War Monument in Gapyeong on April 24.

In my interviews I felt, at times, that I was opening up old wounds by asking questions about the war. But at the same time, I was reassured. Telling their stories ensures they will not be forgotten.

I left South Korea with a deep appreciation for veterans that I probably never would have had were it not for meeting them.

Readers' online selections

Dashcam and deadly crash: Voted most impactful

Bus driver let go after being caught driving on sidewalk

A man caught on a dashcam driving his empty First Student school bus over a sidewalk in October at the intersection of Merivale and Hunt Club roads was dropped by the company. Driving instructor Keith Marien videotaped the driver of bus No. 130809 driving aggressively, taking a shortcut through the busy intersection, using the designated bike lane and then the sidewalk.

METRO



Brockville teen dies in Sept. crash

Sixteen-year-old Aaron Stevenson was struck and killed in September on County Road 2 near Irace Drive, between Brockville and Maitland. He was taken to hospital where he was pronounced dead. Two men were placed in custody following the hit-and-run crash that killed Stevenson. METRO



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Digital

Metro's digital team takes a look back at 2013 and shares some of their most memorable stories.

Reddit reader restores our faith in humanity

Warm fuzzies.

It turns out stories of kindness aren't as rare in the online world as we might think



ANDREW
FIFIELD
Metro web editor

Internet chatter is often maligned as a squalid cesspool of anonymous viciousness.

The maligners are correct. We see what you write. You

monsters.

The maligners are also wrong.

The web is populated by millions, and the loudest voices aren't always the most accurate representation.

According to a study of the New York Times web-

site, readers are much more likely to share and comment on stories thick with warm fuzzies.

This year, our experience with a trans-Atlantic solid, done anonymously, fits snugly among those findings.

Last March, Andrew

Bourke took to Reddit (speaking of maligned) with a moonshot request: For somebody who lives in Dublin to swill a St. Patrick's Day pint at the grave of his great uncle, who died more than 50 years before Bourke was born.

A short time later, a user named elmoslats replied with a simple "It was a bitch to find. Bought some flowers," linking to photos of the grave, newly festooned with flowers.

For his part, Bourke told us, "I honestly cried."

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Couch to 42K. How a fair-weather runner became a marathoner



HANNAH
ZITNER
Metro web editor

While I've always been a fair-weather runner, I never wanted to run a marathon. Running 42.2 kilometres just seemed like too much running. But when deputy editor Fernando Carneiro came around shouting, like a newsy selling papers, "Who wants to run a marathon?" something changed. Maybe it was the competitive teenager in me coming out, or maybe I just felt bad for the over-ambitious guy, but I agreed.

And the Couch to 42K blog was born.

For the next 18 weeks, we ran, we wrote and we even made a few (un-publishable) videos. The blog gave us all (four in total) something to think about while we sweated through those 50 to 70 kms per week.

Batman

Throughout the 18 weeks of training, I had the honour of running with Dark Knight Runner, aka JP Hernandez — a dedicated athlete who ran the Scotiabank Toronto Waterfront Marathon dressed as Batman to raise money for Sick Kids hospital.

Being the best at exercise

Co-runner/writer Liz Brown caused a wee stir after writing a blog post saying runners were just "trying to be the best at exercise" because "anyone can do it." People (well, running people) weren't happy.



CONTRIBUTED

Chest conferences

The most popular post on the blog turned out to be the one about my chest. It turns out that's what happens when you put boobs in a headline. After reaching out to ladies for bra suggestions, I began regularly receiving emails (and being accosted in the office washroom) from chesty ladies about how to control their bits.



HALEY ZITNER/METRO

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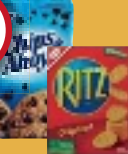
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National

Rob Ford, Senate scandal, Toilet Squirrel: 2013 was a big year. Here are the stories that called us to action, made us laugh or impacted our lives in other ways.

Metro story helps mentally ill man secure himself a new home



KATE
WEBB
Metro reporter

'100 times better'

When asked to update a story that impacted me over the last year, I immediately thought of Stephen Chalmers. I interviewed him again last month.

The walkway up to his new trailer sparkles with red and blue Christmas lights, and on clear nights moonlight spills through tall pine trees onto the quiet campground where he has lived for nearly two months now.

The 54-year-old is still getting used to his new surroundings after moving out of a dilapidated trailer at the run-down Beladean Trailer Park in Surrey, B.C., which lost power in September due to an improperly supervised motel demolition.

"I'm 100 times better. I feel better, I sleep better," says Chalmers, who suffers from multiple mental illnesses and lives on a meagre disability income.

New digs, old issues

After Metro ran stories on the outage, and the fact that he couldn't find a new park willing to take his old, leaky trailer, an online campaign raised enough money to buy him a newer, 1999 fifth-wheel.

But the complex problems of a man who has overcome crack addiction and alcoholism and still struggles daily with depression and post-traumatic stress disorder cannot be neatly



JENNIFER GAUTHIER/METRO IN VANCOUVER

resolved with four walls of aluminum and vinyl. Some days he feels up, some days he feels down, he says. The weather, getting used to his new neighbours, and the stress of living low-income — all of these have an effect on his moods.

But Chalmers says he seeks help when he needs it from the mental-health-care system, from friends and from a local food bank.

Moving on up



"I feel more positive about myself. I'm more sure of myself. I feel more personable towards myself.... I think of myself as someone who actually deserves to be respected, which — that's kind of foreign territory to me."

Stephen Chalmers, who says he is proud that by sharing his story publicly, he has become someone people approach for advice about how to seek help.

Toilet Squirrel. 'Peg newsroom goes nuts over soggy rodent



BERNICE
PONTANILLA
Metro Reporter

It was the summer story that had Winnipeggers — and likely others all over North America — looking warily at their toilets.

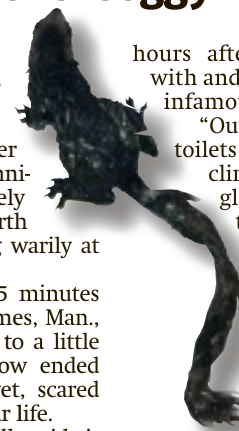
And it led to 15 minutes of fame for a St. James, Man., woman, all thanks to a little critter that somehow ended up in her toilet wet, scared and clinging for dear life.

Angela Campbell said it was her love of making people laugh that spurred her to contact Metro Winnipeg only

hours after her encounter with and rescue of the now infamous Toilet Squirrel.

"Out of all of the toilets it could have climbed out of, I'm glad it was mine and that I could help it," said Campbell in a December interview with Metro.

Once Metro Winnipeg broke the story online, Campbell was inundated with requests for interviews from local, national and international media outlets.



Metro's choice

Starman blows our minds



HENRIETTA
WALMARK
Metro copy editor

Commander's log — stardate: 04-12-2013: "Here am I floating in my tin can/A last glimpse of the world/Planet Earth is blue and there's nothing left to do."

Few events in 2013 eclipsed Chris Hadfield's cover of David Bowie's Space Oddity. The video of the astronaut literally floating in his "tin can" as he sang his farewell to life aboard the International Space Station capped an extraordinary mission of firsts.

As the ISS orbited Earth, he tweeted stunning photos of the planet, chatted with William Shatner, shared videos of zero-gravity science



Chris Hadfield THE CANADIAN PRESS

experiments, did Q&A's with kids via satellite-links and performed an interspace duet with Ed Robertson.

Hadfield was having the time of his life, and took us along for the ride.

But what's really cool is what's been left trailing in the stardust. Hadfield allowed me and millions of others to experience Earth and the universe as never before, sparking our imagination and reigniting interest in the final frontier as a space worth exploring.



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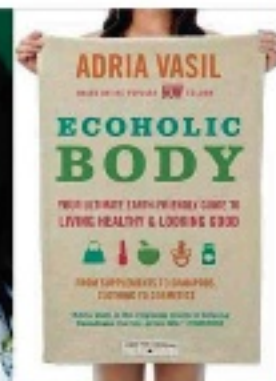
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Readers' online
selections

Extra-terrestrials? Nose pickers? What is this, you ask? Well, it's what you told us — via our Metropolitan Panel — were your favourite Metro online national news stories of the year



UFO sightings double in Canada in one year

Ufology Research issued its Canadian UFO survey in May and the stats revealed reported sightings doubled in 2012.

"Polls have shown that one in 10 Canadians believe they have seen a UFO. That's three to four million people with UFO experiences," said Chris Rutkowski of Ufology.

TORSTAR NEWS SERVICE



T.O. man's call for stem-cell donations

In July, Chris Taylor of Toronto called on healthy 17- to 35-year-olds to become stem-cell donors. "I need one, it turns out, to save my life," he told Metro. "More importantly, it's for everyone who needs one." OneMatch is a program run by Canadian Blood Services which matches potential stem-cell donors to unrelated patients. Donors sign up for free and get a package in the mail containing a swab kit.

METRO



Nose pickers, rejoice

If you don't like gross things, this story is snot for you. An associate professor of biochemistry at the University of Saskatchewan is trying to get more students interested in science by looking at the health benefits of picking your nose and eating it. Scott Napper says mucous traps germs and stops them from getting into our body, but if we consume that mucous, it could help train our immune system by exposing it to the germs.

THE CANADIAN PRESS/CKOM



New rules for Canuck drivers

In early 2012, this came in from the department of red tape you didn't know existed: Canadians were required by law to have an international driving permit in addition to their regular licences when driving in Florida. The new law applied to any non-resident, but has since been unanimously repealed by legislators.

TORSTAR NEWS SERVICE

Readers' + Metro's choice

Teen-trafficking case lacked outrage



JESSICA SMITH CROSS
Metro reporter

Three girls ran away from a group home last year, lured away by a prostitution ring and put to work in Toronto.

The girls were in the care of province when they were trafficked. When the story broke, strangely, there was no public outrage.

I called up critics of both opposition parties and neither knew much. The Ministry of Child and Youth Services simply said after the criminal trial that safety would be "enhanced."

I talked to Bridget Perrier, who was prostituted from her group home at age 12. Now, she is calling on the provincial government to acquire "a deep understanding" of how the sex trade involves girls in the child welfare system.

I agree. I'd also like to see hear some promises about how it will never happen again.

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#omg! Readers all a-Twitter over TEMP

Canadian author Douglas Coupland, best-known for his groundbreaking novel Generation X, visited Metro's head office just before the launch of TEMP.

The 20-part fiction series was published in Metro throughout November. Here's how Metro readers responded on Twitter:

@jason_michael: A sincere heartfelt Thank You to @DouglasCoupland for TEMP. I am a temp working for the government and your words continue to inspire!

@Teyemtenot: yet another reason why Metro is my favourite thing to read in the morning!

@hurricanedian: thanks for keeping me entertained for 20 a.m. commutes. Funny, surprisingly thought-provoking and relevant.

@KaT4_2012: read TEMP every day! #youguysnailedit #precariousworkiseverywhere Douglas Coupland is brilliant

@morgancadenhead: The collaboration between @DouglasCoupland and @MetroNewsCanada is fascinating. A truly unique way to approach fiction.

@SuzanneMaryse: i am loving this! ... Coupland nails the post-modern condition once again

@ctmwyn: The best part about @DouglasCoupland #Temp is the high concentration of #CliffHangers #Serialization

METRO



Web editor Hannah Zitner chats with Douglas Coupland during the author's visit to Metro's head office in Toronto on Oct. 28. DAVID VAN DYKE/METRO

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HARRY ROSEN

HARRYROSEN.COM

International

From strange to serious — the world was a fascinating and sometimes heartbreaking place in 2013.

Readers' online selections

Nothing hard-hitting here: Metro online readers gravitated towards men faking labour, a giant toilet clog and a shelter dog prized for his anthropomorphic attributes as their favourite international stories of 2013, as picked through our Metropolitan Panel.



Dutch men undergo simulated labour pains

This video of two Dutch men who decided to find out how difficult childbirth is by hooking themselves up to a machine that simulates real-life labour pains was a huge hit with readers. **METRO**

Watch the video at metronews.ca.



'Fatberg' discovered in suburban sewer

Sure, it may have looked like an iceberg, but there was nothing cool about it. Utility company Thames Water said in August it has discovered what it calls the biggest "fatberg" ever recorded in Britain — a 15-ton blob of congealed fat and baby wipes lodged in a sewer drain. That's enough "wrongly flushed festering food fat mixed with wet wipes" to fill a double-decker bus such as the famous London Routemaster, the company said.

THE ASSOCIATED PRESS

Man fired after wrestling sharks

A 62-year-old British man who became an Internet sensation after wrestling



with a shark on an Australian beach said in March that he was fired after his employer discovered he'd been abroad while on sick leave. Paul Marshallsea was filmed yanking a six-foot-long shark away from waders at Caloundra beach in January. But his intervention also caught the eye of his employer. Marshallsea had been on leave since last April and said his doctor advised him to go on vacation.

THE ASSOCIATED PRESS



MSN messenger goes the way of ICQ

Microsoft's venerable Messenger program was moved to the great big recycling bin in the sky this year. Users had until March 15 to migrate their accounts over to Skype, which the software company acquired in 2011. At its peak, Messenger boasted 300 million users in more than 60 countries. Microsoft will continue Messenger in China, due to the peculiar nature of the Chinese market. **METRO**

Dog with human-like face gets hundreds of adoption offers

Tonik the dog became an international sensation when a photo of him was



picked up by media around the globe. "His pictures have been up on the adoption site since September 2011," said Schwartz. "For some reason, someone decided this week that he looks like a human and it's been overwhelming since," said Jen Schwartz, the founder and owner of the Homeward Bound Animal Shelter, at the time of the buzz.

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Egypt

'An uncertain reality'



DEENA DOUARA
Metro copy editor

Calls to relatives in Egypt are reminders that while the deteriorating state of affairs — of people's spirits and dreams and savings — is frustrating to behold from here, it's an uncertain reality, a nightmare, over there.

I was there this summer, in the leadup to the anniversary of then-president Mohamed Morsi's inauguration. I tried to understand the arguments: Egyptians must protest; Egyptians must stay home and give him a fair chance.

I tried to capture that atmosphere for Metro, on TV and for Huffington Post, all garnering strong reactions. As protests intensified, so did people's rhetoric. A prevalent "You're with us or with the terrorists" approach took root, serving to justify military crackdowns and delegitimize nuanced opinions that didn't conform neatly to "pro-military" or "pro-Muslim Brotherhood."

The 2011 revolution was one of the most dramatic scenes Egyptians witnessed in at least three decades.



An Egyptian woman reacts in Tahrir Square in Cairo the day after former Egyptian president Mohammed Morsi, the country's first democratically elected president, was ousted from power on July 4.

ED GILES/GETTY IMAGES FILE

There was uncertainty and disagreement and plenty of anger. But I believe it is 2013 that really changed Egyptians. Mistrust, contempt, revenge, hatred — these sentiments are relatively new, and they are frightening.

As repression, imprisonment and censorship have seemingly increased alongside an ever-declining economy, Egyptians now must, too, fear their neighbours. And divided, they say, is how they fall.

Syria. Keeping an eye out



ALI ZAFAR
Metro copy editor

Nearly three years on, the Arab Spring has morphed into a disgruntled winter in Syria. While several Arab nations have toppled their dictators, Syria continues to be stuck between rebel strongholds and leader Bashar al-Assad.

Bearing the wrath of this power struggle are the citizens of the country. Around two million of them have been displaced, and Amnesty International estimates that more than 100,000 people have been killed since the conflict started in March 2011.

I've seen atrocities committed both in the name of religion and by iron-fist rulers while living in the Middle East and South Asia, which is why the plight of Syrians is something I can relate to. Being considered a religious minority in Pakistan, I can empathize with the woes of religious minorities in Syria who are worried about their country under the control of Islamist rebels. It's why I'll keep a close eye on stories coming out of Syria in 2014.

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Voices

This is rare. Three Metro columnists are asked to write about their most memorable work this year. Turns out it can't be done without your feedback.

MY ONE LONG YEAR



JUST SAYIN'
Paul Sullivan
metronews.ca

Even though asking me to choose a favourite column is like asking me to proclaim a public preference for my goldfish over my hamster, I have dutifully reviewed Just Sayin' for the past year, and it turns out I have a lot to say, which might surprise a few people. But I've managed to narrow it down.

Generally, I try to communicate my total bemusement with contemporary life. It's the best of times. It's the worst of times. It's the weird-

est of times, right?

That makes for lots of material, such as:

Multi-billionaire Amazon's Jeff Bezos was in the news this year for buying the fabled Washington Post of Woodward and Bernstein fame for the equivalent of billionaire pocket lint: \$250 million.

That's less, by the way, than what the Qatar Royal family paid for Impressionist painter Paul Cézanne's The Card Players — \$259 million.

(Big deal. I paid \$2.59 for The Card Players at the neighbourhood garage sale. I really love the look on the bulldog's face.)

Then there are those columns that are memorable for some really great bits, such as the one about the one-way expedition to Mars that was signing up potential colonists earlier this year:

"Therefore Mars One is looking for a special kind of person. Someone who is nuts enough to spend the rest of his or her life stuck in a climate-controlled hut the size of a portable toilet but well adjusted enough not to try to eat his or her fellow castaways."

What writing!

Of course, you can't write a column these days without having your own online anvil chorus, and I managed to hit a sour note writing about people who don't wear enough clothes on the beach. My protest went along aesthetic lines, not skin care, and the mob that formed outside my virtual door was not happy.

Here's just a taste: "Holy crap this is arguably the most ignorant thing I've ever read in my life."

You can't please all of the people all of the time, but if you try really hard, you can annoy all of the people all of the time.

Fortunately, I did manage to get an online standing O for a column I wrote about a movement to ban tipping that's just getting off the ground in New York and Chicago. One reader, named

Crystal, gave me some extraordinary positive feedback: "I don't usually write in to comment on articles of any sort, but after reading your brief article I had to say, very well written, entertaining, all the while thought-provoking. Excellent!"

Thanks, Crystal, I needed that. As you can tell, it's been a long year.

Reader writes

"After reading your brief article I had to say, very well written, entertaining, all the while thought-provoking." Crystal

2013 is over and I'm left holding the (mail)bag



HE SAYS
John Mazerolle
readers@metronews.ca

I've been told to pick one favourite 2013 column and reminisce, but my columns are like my children and once they're out in the world I will deny they are mine.

Instead, let's open the mailbag. After a year of columnnastic genius I feel it's important for readers to provide a fresh perspective on how wonderful I am. For instance, one fan recently sent me a Facebook message that said my

Mail moment

"Stupid yellow journalism at it's finest!!!" Online Fan



ISTOCKIMAGES

columns are "desperately TRYING to be funny. Alas, they just come off juvenile." To hear my work is desperately funny, yet childlike, is wonderful. I clicked on her page to thank her and learned she's graduated from "I didn't finish (2008)," which signals a level of brash independence and attention to detail I think we can all emulate. Under professional skills it said, "crack-smoking," which means she

will soon be a writer (if she's joking) or the mayor of a large city (if she's not).

Another reader let me know my column is "pure dribble." I briefly assumed it was an insult and he had misspelled 'drivel.' Then I realized it was a basketball-related compliment, and that he considers me the Michael Jordan of Metro columnists. Pure, unadulterated dribble. Swish.

Some other actual mail-

bag highlights: "Hypocrit much?" (More than you. I add an 'e.)* "Do your research." (No.)* "Stupid yellow journalism at it's finest!!!" (There are numerous problems here, but they are amply overcome by the use of three exclamation points. Bravo.) And that's the 2013 mailbag. See you next year, readers — older, but not wiser!!!

I swear, and I am a girl



SHE SAYS
Jessica Napier
@MetroSheSays

As 2013 comes to a close, it's fun to look back at some of the memorable columns I've written over the course of the year. Back in June, I wrote a piece about swearing in public. I described how my boyfriend and I had been reprimanded by an

From the inbox

"I am saddened when I hear a young person, especially a young girl, making a public reference to parts of their body and their knowledge of sexual activity with obscenities."

Anonymous reader

overbearing parent at a neighbouring table after dropping a few expletives during a Sunday brunch.

I was hardly advocating for an uncivilized society full of foul-mouthed brutes, but the column definitely struck a nerve among our readers.

I received a few letters from

people who identified swearing in public as a generational problem. One gentleman wrote an email stating, "I am saddened when I hear a young person, especially a young girl, making a public reference to parts of their body and their knowledge of sexual activity with obscenities."

I understand the importance of good manners, but I take offence to this notion that I should suppress

any behaviour that is deemed 'unlady-like' according to a 1950s standard.



ISTOCKIMAGES

The good, the bad and the ugly

Year in review. The beginning of a new year, like the opening of a new film, holds so much promise... It's time for Metro to screen 2013's crop



**NED
EHRBAR**
Metro World News in Hollywood

It's time to bid farewell to 2013 with a look at the most disappointing films of the year.

Pacific Rim

Giant robots! Fighting giant sea monsters! Directed by Guillermo del Toro! This could've been so good, and obviously we thought it would be, but the results were just... not so much.

Only God Forgives

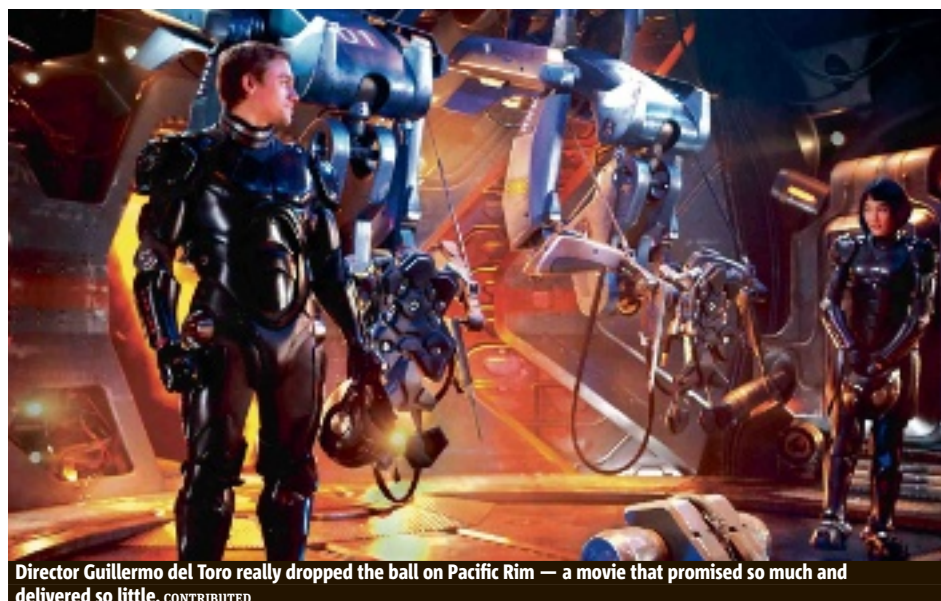
Maybe Nicholas Winding Refn was punishing people for liking his fantastic "Drive" too much, but this art-house meditation on masculinity, violence and retribution — we think? — was just a slog.

Star Trek Into Darkness

We might have been less disappointed in this long-awaited sequel if J.J. Abrams had just come out and said from the get-go that Benedict Cumberbatch was playing Khan. If only that were the only problem with it, though.

Jack the Giant Killer

Maybe it was foolish to expect Bryan Singer to do something cool and interesting with the old Jack and the Beanstalk fairy tale, but this one just fell flat.



Director Guillermo del Toro really dropped the ball on Pacific Rim — a movie that promised so much and delivered so little. CONTRIBUTED

Metro's picks

- 1 Gravity
- 2 Blue Jasmine
- 3 12 Years A Slave
- 4 Hunger Games
- 5 Dallas Buyers Club

Oldboy

Spike Lee's plodding, uninspired remake of Park Chan-wook's 2003 cult classic at least makes a strong case for renting the original. Some things don't translate well, apparently.

Lovelace

A lot of foreplay that led to not very much of anything else, this exploration of the

Metro pick

American Hustle



**IN
FOCUS**
Richard Crouse
scene@metronews.ca

American Hustle's story of flim flam men and women, the FBI and a real life sting known as Abscam has emerged as my favourite movie of 2013. It's an entertainingly audacious movie that will

doubtless be compared to The Wolf of Wall Street because of the similarity in tone and themes, but this time around director David O. Russell has almost out-Scorsese'd Martin Scorsese. Add to that unexpected and compelling performances from the a-list ensemble cast—Christian Bale, Amy Adams, Jeremy Renner, Bradley Cooper and Jennifer Lawrence — and it adds up to the most fun I had at the movies this year.

woman behind Deep Throat held too much back.

The Fifth Estate

Maybe it was too soon to explore the rise and fall of WikiLeaks co-founder Julian Assange, but it seemed perfectly reasonable that

Bill Condon and Benedict Cumberbatch were up to the task. Apparently not.

Anchorman 2

Following up an iconic comedy is tough, but we're still not sure what Adam McKay



We asked and you let us know that Gravity was your top movie pick for 2013. CONTRIBUTED

Reader's pick

What do you think? We recently polled Metro readers to see what film they considered to be the best of 2013. Gravity was the winner, hands down.

and Will Ferrell were thinking with most of the choices here. Lesson learned: A little bit of Steve Carell's Brick Tamland goes a long way. Also, the film's jokes about racism and sexism actually just play as racist and sexist. Maybe next time, guys?

Enough Said

James Gandolfini's last leading film role, Julia Louis-Dreyfus' return to movies, another chance for Nicole Holofcener to examine adult relationships? This one had so much going for it. Too bad the end result is flat, uninspired and far too pleased with itself.

2 SCENE

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T A N D L . C O M

HBO's Game belongs only on the Throne

TV. Whether you binge watched or faithfully tuned in, there were a number of great shows this year. Metro weighs in on what was tube-worthy in 2013

Alexandra Cavallo, our TV correspondent from south of the border, gives us her picks for the best shows on TV, however you may watch TV.

Game of Thrones

Game of Thrones had the best season ever. What other show has the balls to ruthlessly — and awesomely, creatively and bloodily — kill off multiple main characters like it ain't no thing? Game of Thrones reigns supreme. See what I did there?

House of Cards

Other than HBO (and FX and A&E and — well, damn, seems like television is killing it lately, huh?) Netflix is putting out some of the most exciting and game-changing programs. House of Cards — to put it simply

Metro's picks

- 1** Breaking Bad comes to an end
- 2** Toronto Mayor Rob Ford is lampooned on every major late night talk show and Saturday Night Live
- 3** The murder-filled Red Wedding episode of Game of Thrones shocks viewers not familiar with the book series.
- 4** Arrested Development returns to TV via Netflix
- 5** Netflix series House of Cards becomes the first web TV show to receive major Primetime Emmy Award nominations, and goes on to win in three categories.



The shocking Red Wedding episode of Game of Thrones made Metro's list of the best of 2013. HANDOUT

Finally, a healthy binge

You could say I'm always a little late to the party. Up until six months ago, I didn't have Netflix, I never watched TV online and I never thought I was missing out. That was until I was introduced to Breaking Bad. I now fully indulge in what is being called binge-tv watching. I have devoured entire series (Family Guy, The Boondocks, American Dad, Episodes, The Walking Dead, to name a few. Yes, a few), and have spent an unacceptable amount of time on my couch. And though I'm nostalgic for the days of looking forward to my favourite show every week, and being left hanging for an entire summer before my shows return, I embrace this new way of enjoying television, even if I'm a little late.

MIRIAM
OSBORNE/
METRO



— is utterly captivating, and this comes from a person, who, I admit it, doesn't even vote. Politics is not my thing. But this show has it all: intrigue, sex, violence, scandal and Kevin Spacey. Enough said.

Project Runway

Here's my shout-out to reality TV. I love reality it. I watch it all. Housewives, teen moms, geriatric moms, people who have sex with inanimate objects — I'll watch them all, as long as it's "real." But Project Runway (technically a reality competition show, which makes it higher brow) is legitimately a quality show. The contestants (for the most part) are actually astoundingly talented, the challenges are fresh and exciting, and there's still enough cat fighting and drama to sate my appetite

Final eight episodes



Breaking Bad: The final curtain

In mid 2013 the final eight episodes of the ultra-popular and critically acclaimed series Breaking Bad went on air. As usual Bryan Cranston and Aaron Paul turned in stellar performances and creator Vince Gilligan ensured the climactic episodes did not disappoint. We join the second half of the final season with Hank finally realizing that Walt is the infamous meth kingpin

Heisenberg.

This riveting show draws to a close with eight suspense-filled episodes. We see Jesse team up with Hank to catch Walt, Todd's ruthless relatives committing horrible deeds and Walter, in conflict with his family and on the run, tying up as many loose ends as he can. Viewers were rewarded for their loyalty with a brilliantly crafted and gradual ending to this Ned Flanders-turned-Scarface story. As the screen faded to the sound of Baby Blue I realized we may never see the likes of it again. Pure Genius. EGIN WELDON/METRO

for lowbrow reality crap.

Girls

How did nobody else even mention this show? I don't care what anybody says, Lena Dunham is a genius and remarkably likeable despite airing her flaws — both emotional and physical — for the whole world to gawk at. Sure, the second season didn't quite meet the very high bar that the debut season set — it was a little too dark, and sometimes depressing — but as a 20-something girl myself (29 still counts) I can totally relate to almost everything that is said and done on this

show. Don't judge me.

Nathan For You

Most people have probably never seen or even heard of this show. Get familiar, people, because Canadian comedian Nathan Fielder is one of the funniest dudes on the tube right now. This docu-reality comedy series basically features Fielder playing a deadpan, dead-eyed version of himself, using his "business background" to help out failing companies and individuals. Spoiler alert: He is not helpful. Trust me, you've got to watch it.

ALEXANDRA CAVALLO/MWN

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The 2013 cyber heights of cyberspace

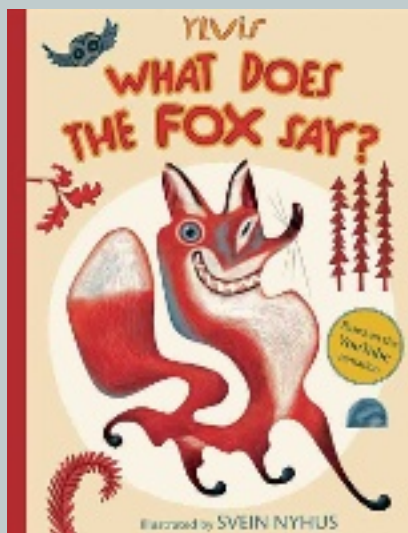
Metro's picks

1 Chris Hadfield's out-of-this-world version of Space Oddity inspired many. Kris Abel walks you through his blast off into the collective consciousness.

2 Norwegian comedy group Ylves' video for What Does the Fox Say? was YouTube's top video of the year, and has even spawned an illustrated book.

3 Amanda Bynes' 2013 tweets left many of us scratching out heads — and just shocked.

4 Felix Baumgartner's freefall from the edge of space.



5 Patrick Stewart's tweets left an impression on anyone within a half mile of Twitter this year. Read what we have to say about them on this page.



A Canadian star was born



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Chris Hadfield won the Internet this year with a viral hit that was anything but accidental. He evoked the beauty of our world by sharing how difficult it was to leave its orbital view. These are complex emotions that he somehow captured with an iPad recording of himself singing David Bowie's Space Oddity. His Space Station video lessons and tweeted photos revealed a master communicator who understands the web better than anyone. Through him we have an extraordinary connection to space exploration, but also an example of how a cynical web culture can embrace values that are sophisticated and sincere.

Another kind of fame

Getting high off Patrick's personality

Making memes from Patrick Stewart's many starring movie roles is nothing new for those who lurk the intertubes. But when his fiancé posted a video of an allegedly stoned Stewart giving her acting lessons on the art of the quadruple take, the Internet's collective head caught a contact high. The powerful hit lasted throughout the year as Reddit and its kind obsessed over all things Stewart. From the serious (Stewart speaking about his own experiences with domestic violence) to the silly (him climbing into a bathtub dressed as a lobster), the former captain of the Star Trek Enterprise was sailing nothing but the good ship Awesome in 2013. **METRO**



Patrick Stewart, here with Ian McKellen, showed us a side of him we'd never seen before.

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Metro's turn-up and tune-out in 2013

Metro's picks

Metro's picks for top five songs

- 1. Get Lucky, by Daft Punk
- 2. Reflektor and Afterlife, by Arcade Fire
- 3. Black Skinhead, by Kanye West
- 4. Royals, by Lorde
- 5. Thrift Shop, by Macklemore and Ryan Lewis



No lines blurred in this selection

As a shameless Jay Z super fan, I want to say 2013's top song was Holy Grail featuring Justin Timberlake. But even I can't deny this year belonged to Blurred Lines by Robin Thicke featuring Pharrell Williams and T.I. A simplistic hook and its blend of R&B and pop helped the infectious Blurred Lines hold top spot on charts around the world. It also created its share of controversy (think music video with prancing topless supermodels and Thicke preemptively suing Marvin Gaye's family). Love it or hate it, at some point (maybe in a drunken stupor if you're a certain mayor) you likely caught yourself singing, "OK, now he was close, tried to domesticate ya..." IZABELA SZYDLO, METRO

Metro picks

Song of the Year: Royals by Lorde



SOUND CHECK
Alan Cross
scene@metronews.ca

Talk about a song with universal appeal! What began as a track marketed to the alternative set has become the biggest cross-format hit in years.

This is largely due to what was left out of Royals. It would have been so easy (and tempting!) to mess up the song by over-producing it. Instead, there's an elegant simplicity to everything: an understated rhythm track and the barest hint of a bass line. Lorde's vocals do the rest. The song doesn't even contain a bridge. This is brilliant



Crossover appeal lands Lorde at the top of Alan Cross's list.
HANDOUT

songwriting, an excellent performance and perfect production, all wrapped in one great song.

RollingStone.
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What writers were reading this year

Publishing. Authors Teresa Rhyne and Emily Giffin share their top book picks of 2013

EMILY LAURENCE
Metro World News

It's hard for a first-time author to surpass the bold-faced names typically seen on the New York Times best-seller lists, but that's exactly what Teresa Rhyne did with her book *The Dog Lived (And So Will I)*. Her memoir about adopting a dog with cancer inspired millions. So, what books impacted Rhyne in 2013? She shares her top non-fiction picks below.

1. *Pukka's Promise: The Quest For Longer-Lived Dogs*, by Ted Kerasote

I'm a lifetime dog-lover and yet this book made me re-think how I live with my dogs and what more I can do for their health and welfare, and that was no easy task. Plus, Ted can spin a great tale (tail?) and that's not easy, either.

2. *The Imperfect Environmentalist*, by Sara Gilbert

This is a practical guide to clearing your body, detoxing your home and saving the Earth — without losing your mind — by actress Sara Gilbert. I've had two dogs fight cancer and I'm a cancer survivor myself, so this year I was all about detoxing our environment. This book became my go-to reference, particularly because of her Cut to the Chase Hippie: What's the Least I Need to Know advice section on every topic — perfect.

3. *Devoted: 38 Extraordinary Tales of Love, Loyalty, and Life With Dogs*, by Rebecca Ascher-Walsh

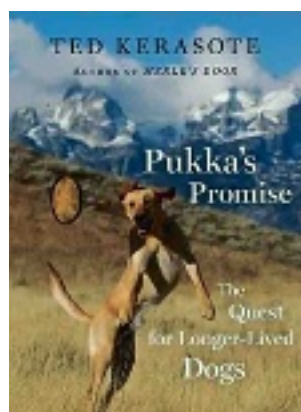
I'm a sucker for a beautiful dog book, and this one comes with touching stories about the many ways dogs are better than we are.

4. *Let's Explore Diabetes With Owls*, by David Sedaris

Because David Sedaris. Enough said.

5. *Lean In*, by Sheryl Sandberg

Lean In is thought-provoking,



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fascinating and depressing. (What have I done with my life?!) It's about as highbrow as I went in 2013.

International best-selling author Emily Giffin knows a thing or two about what makes a good page-turner. Her first book, *Something Borrowed*, was made into a movie starring Kate Hudson and Ginnifer Goodwin, and her subsequent five novels have been lauded both here and abroad. Giffin, whose seventh novel, *The One and Only*, comes out in May 2014, shares her favourite fiction books of the year with us.

1. *The Silent Wife*, by A.S.A. Harrison

This is a gripping, intelligent thriller about a marriage on the verge of collapse and a woman at her breaking point. It's gorgeously written and impossible to put down. A sad footnote: The author passed away just before the book's publication.

2. *Sisterland*, by Curtis Sittenfeld

Sisterland is a moving and complex emotional study of twin sisters born with mild ESP. Curtis Sittenfeld is one of my favorite authors. As a

mother of identical twins, I found this story especially fascinating.

3. *The Ocean At The End Of The Lane*, by Neil Gaiman

This story is a beautiful but bewitching fairy tale of magic and memory. The novel is very unlike my usual reads, but my sister convinced me to give it a chance. She was right — it's hauntingly delicious.

4. *The Yonahlossee Riding Camp For Girls* by Anton DiScalafani

I have always been drawn to coming-of-age stories, and this novel is a true gem among them. Set during the Depression at an equestrian boarding school, DiScalafani's debut is that rare combination of understated elegance and explosive drama.

5. *Wonder* by R.J. Palacio

Wonder is about a 10-year-old boy who was born with extreme facial anomalies. I read it aloud to my three children, and it touched us all profoundly. It's not only my favorite book of the year, but also of all time — right up there with *To Kill A Mockingbird*.

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Top headlines of Hollywood's 2013

They did what? It was a shock-and-awe year in celeb gossip, and Metro's editors never hesitated to chime in on the tabloid chatter

Pop culture gets a bad rap, according to Metro's gossip editor, Dorothy Robinson. Sure, it's lowbrow (especially when Miley Cyrus decides to take her clothes off with no deference to taste or talent) and it births fame-hungry monsters (Kimye, you are a creation even Walter Winchell couldn't dream up). Yet, the hijinks and disasters of people who fly so very high take us away from the hum-drum of everyday life.

Keeping up with Miley is a nice distraction from the fact that the cable bill is due. Watching Beyonce at the Super Bowl is a reminder of what is humanly possible if you have drive, talent and a whole lot of luck. And witnessing the untimely deaths of two stars reminds us that even our little lives are ones worth living. In fact, maybe we're the lucky ones, blessed to be outside looking in — instead of the other way around.

Here is what some of our editors had to say about the year in gossip:

"I didn't put the Royal Baby on my list because I thought that fell under news. Come on: Kate Middleton should NEVER be



Love them or hate them, it was hard to get off the blinged-out, baby-making bus that was Kimye this year.

GETTY IMAGES



Who wasn't confused by this Canadian coupling? GETTY IMAGES

on the same list as Miley or Kim Kardashian. And although Avril Lavigne marrying Chad Kroeger wasn't earth-shaking, it was so delightfully weird that I thought it

Metro's picks

1 Miley Cyrus ditches her clean-cut image by twerking at the MTV awards, smoking a joint on air at the MTV Europe Awards, and working with photographer Terry Richards — and those are just some of her antics.

2 Amanda Bynes — see Liz Beddall's story to your right.

3 Kanye West and Kim Kardashian brought forth a baby and decided it would be

fun to name her North.

4 Justin Bieber wreaked havoc in his neighbourhood with his driving, peed in a bucket, lost his monkey, and then had a drama-filled South American tour before heading to Australia for more of the same.

5 Angelina Jolie surprised the world by announcing she underwent a double mastectomy.

deserved a mention." **DOROTHY ROBINSON**

"I, for one, definitely had Beyonce winning the Super Bowl on my list. Nothing can stop

her, not even a blackout. I don't even remember who actually played. All I remember is the Destiny's Child reunion and Beyonce's black lace body suit. She wins." **EMILY LAURENCE**

Amanda on our minds

Reading between the Bynes

While it seems 2013 was the year of the squeaky-clean-songstress-turned-train-wreck-tabloid-queen, there was arguably no one who was featured as consistently on Metro's Dish page as former WB sweetheart Amanda Bynes.

Multiple brushes with the law, airborne bongos, drive-way fires, neon wigs and one trainwreck of a Twitter feed meant that Bynes all too often became our feature focus.

Having recently received treatment for mental illness, we hope 2014 brings Amanda some peace, health and much-needed time away from the tabloids.

LIZ BEDDALL/METRO



Amanda Bynes GETTY IMAGES

Dorothy Robinson's picks

1 Miley Cyrus' crazy year.

2 The evolution of Kimye (and the birth of baby North West).

3 Beyonce wins the Super Bowl.

4 Cory Monteith overdosing.

5 Avril Lavigne marrying Chad Kroeger.

"I can't find any evidence supporting the theory that Kanye has a sense of humor; I fear he is gravely serious. We mere mortals just do not understand him." **T. MICHELLE MURPHY**

I guess unlike other calculated 'Look at me! I'm no longer a Disney pop princess! I'm now a woman!' coming-out moments (see: Britney in the red pleather body suit; Christina's suggestive Genie in a Bottle), Miley's coming out seems raw and unpolished. She's going

more for shock value than sex appeal. Which, honestly, is slightly refreshing. Just put the tongue away, girlfriend."

DOROTHY ROBINSON

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The five worst fitness trends of 2013 we hope don't return

Year-end review.

Workouts can get boring from time to time but these ideas on how to switch things up missed the mark this year.

VAWN HIMMELSBACH
life@metronews.ca

It's not a bad idea to switch up your workout routine every now and then to challenge your muscles and stay motivated. But in the quest for new ways to do old exercises, some trends might be a tad questionable.



Backwards is just backwards.

Backwards running

Sure, running can get monotonous, but is running backwards the answer? There's a reason why people are doing it: According to a study by the U.S. National Library of Medicine National Institutes of Health, running backwards uses 30 per cent more energy than moving forward at the same speed. And, supposedly, it's easier on your knees. But let's face it; running backwards is an accident waiting to happen since — if it's not obvious — you can't see where you're going. Not to mention it looks ridiculous.

Boutique/hybrid yoga

If you're into yoga, there are a variety of styles to suit your personality, from ashtanga to moksha to yin. But now, you can mix those warrior poses with ... hula-hoops, trampolines and martial-arts kicks. Or do yoga on a paddleboard, to disco music or even with your dog (doga). But yoga isn't about total body sculpting or getting a cardio workout — it's about quieting your mind. And it's hard to quiet your mind while doing disco moves in tree posture.



There is nothing wrong with weightlifting. But weightlifting in the heat doesn't make sense. ALL IMAGES ISTOCK PHOTOS

Extreme HIIT ... for average Joes

High-intensity interval training (or HIIT) has many benefits: Bursts of vigorous exercise (think squats and burpees) followed by brief rest periods can burn calories — fast. That's why we've seen the rise of workouts like CrossFit, and the Insanity and P90X DVD series. But along with the increase in popularity of these types of workouts has come an increase in injury, from slipped disks to torn rotator cuffs. According to a recent study published by The Journal of Strength and Conditioning Research, 16 per cent of CrossFit participants quit the program due to overuse or injury. At least it's good news for orthopedic surgeons.

Themed runs (that involve barbed wire)

Working out should be fun, and hey, who wouldn't be motivated to run faster when being chased by zombies? While themed workouts from Tough Mudder to colour runs (running through clouds of coloured cornstarch) can be motivating or push you

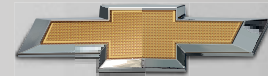
to challenge your endurance, any athletic endeavor that involves wading through ice water under barbed wire or being zapped by live wires is questionable. Perhaps next we'll start seeing live wires attached to treadmills so you'll get zapped if you're not running fast enough.

Hot weightlifting

Traditional weightlifting remains one of the best ways to build muscle. But one of the latest fads takes weightlifting to a new level — pumping iron in the heat. The concept behind Bikram yoga (where the temperature in the room is cranked to 40.6 C with a humidity of 40 per cent) is now being applied to everything from barre to spinning and weightlifting classes. But according to a recent study by the American Council on Exercise, turning up the heat doesn't actually burn extra calories. You just think you are, all the while risking dehydration and even heat stroke. If you like the heat, best to stick to Bikram.



Run from this trend.



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[illegible]

I'll take a cold cerveza with that

Year of Mexican food.

You've been fooled long enough with cheesy dishes and store-bought salsa. Authentic Mexican is taking over — olé!



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Remember when Mexican food meant cookie cutter platters of oddly coloured white rice with a bunch of stuff covered in cheese?

You may have gotten a bowl of pre-fab corn chips and bottled salsa instead of bread as an appetizer.

Luckily, 2013 saw the rise of true Mexican food. It showed up everywhere, from the very hip food truck culture running away with the foodie heart to the top end of just about every urban menu.

Some of the foods that we can't get enough include pulled pork, fish tacos and burritos. And you really haven't lived unless you've found churros with the caramel-like dulce de leche sauce. (Don't forget the side of tequila, which was the beverage of 2013.)

Real Mexican food is wholesome, and it varies across the country from fish-based seaside to tropical fruit interiors, but they all have three things in common: corn, chili peppers and beans. The Europeans added pork, chicken and tomatoes and North Americans topped it all off with some flair.

Taco night is no longer spice from a box mixed with ground beef and corn shells,



Mexican has gone beyond the smothered-in-cheese dishes. ISTOCK

although, they are certainly retro-welcome. Think broader.

Chicken

Toss a chicken in the slow cooker with one of the many creative jars of salsa on the market and cook all day. Pull chicken from the bones and serve with tostadas, artisan corn and wheat tortillas plus toppings like frozen corn simply roasted on a cookie sheet in the oven.

Cole Slaw

Think about a grated cole slaw mix instead of shredded lettuce. Top with cocoa nibs, any manner of chopped chilies and any combo of fresh herbs. Serve with fresh lime juice and soda water with muddled mint (go ahead add some tequila!)

Pulled Pork

Pulled pork couldn't be easier. The low and slow oven versions create the

best melt in your mouth recipes. Sauce options run the gamut from barbecue sauce to the chocolate and chili based mole sauce. This one pot wonder is the best crowd pleaser to come out of this Mexican trend. Pork shoulder or arm is an affordable (if fatty) cut that can't be ruined as long as you keep the oven temperature below 300 and the time at least an hour per pound.

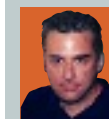
Churro Dip

Since churros are hard to find, must be fresh and deep frying is a pain (not to mention crazy unhealthy!)

Why not go with the classic churro dip: dulce de leche and forgo the donut? This sweet milk caramel sauce can be now purchased jarred but the quickie cheater recipe using only sweetened, condensed milk is ridiculously easy. Use it to drizzle onto vanilla pudding, fresh fruit

Wine of the Year

2011 Vintage Port



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

"I'm loading up on 2011 Vintage Port," says Peter Rockwell, Metro's expert for all things liquid. "Considered one of the best years in decades; all the big houses released a version this year. Dow's 2011 (\$79.49) is spectacular; and will age well into 2063."



or chocolate cookies and you are right on the Mexican trend. Which will, by the way, continue for a few more years... **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM**

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Canadians stuck with fairly traditional baby names this year, with Carter and Emma topping the lists. ISTOCK

A baby by any other name...

Traditional vs plain old weird. Some of the most popular names of the year came, not surprisingly, from celebrities



IT'S ALL RELATIVE
Kathy Buckworth
kathybuckworth.com

Every year, the most popular baby names list is announced, and I think most parents prefer not to see their child's name turn up there.

It might be because they want to "own" that name and be individual, or they are thinking about confusion in the classroom in later years.

I personally know about 117 Jennifers, clearly a No. 1 name in the '70s.

While I didn't name my kids to stand out, I didn't specifically choose names I hoped would be super popular either.

I'm a Kathy; growing up in the '60s and '70s there were always more than a few of us, even if some of them spelled it incorrectly with a C.

As for my husband, I think every second guy my age that I know has his name (Steve), including my own brother.

Steve has also been the name of choice for a monkey in both the movie Cloudy With a Chance of Meatballs, as well as in the Spot the Dog books, and even the titular hedge in

Top names of 2013

According to Canadian Living magazine, these were the top names for boys and girls this year.

Boys

1. Carter
2. Christopher
3. Hunter
4. Joseph
5. Joshua

Girls

1. Emma
2. Hailey
3. Isabella
4. Jada
5. Matilda



Kanye and Kim surprised the world when they named their baby girl North West. GETTY

the movie Over the Hedge.

My kids giggle at the thought of a newborn baby named Steve. "This is my new baby, STEVE." (Come on, that's funny.)

The top names in Canada for 2013 this year are Emma and Carter, according to Canadian Living Magazine.

Parents who have chosen these names will be well advised to order labels with their last initial tacked on, speaking from experience.

I don't see any real surprises

in the list (see fact box). While we run across the occasional unusual name, Canadians are fairly traditionalist.

Celebrities are scorned when they use unusual names (Apple, Blue Ivy, and Moon Unit) and lauded when they go with traditional names.

Two of the most famous babies born this year were William and Catherine's Prince George (which makes Canadians giggle, particularly those in northern B.C.), and Kim and Kanye's new reality

production, North.

I wish others had followed the pseudo-metaphor of the name and phrase North West.

Halle Berry couldn't have gone with either Straw or Blue?

It would have killed Toni Braxton to go with Hicks? (Only new moms will appreciate that one.)

For the record, my kids are Victoria, Alexander, Bridget and Nicholas. Not that Penny Buckworth wouldn't have been fun.

BAYSHORE FASHION FILE

BAYSHORE SHOPPING CENTRE ANSWERS YOUR FASHION & BEAUTY QUESTIONS.

Q: MY HUSBAND MADE THE EFFORT THIS YEAR BY PURCHASING NEW CLOTHES FOR ME FOR CHRISTMAS - BUT HE DIDN'T DO SO WELL IN GUESSING MY SIZE. I DON'T WANT TO TAKE THEM BACK RIGHT AWAY, BECAUSE I DON'T WANT TO HURT HIS FEELINGS... HOW LONG CAN I WAIT TO RETURN A PURCHASE MADE AROUND THE HOLIDAYS? - K.C.

A: Your husband sounds like a sweetheart! Return times vary from store to store, with most accepting returns up until January 10th. It is always best to check with each individual store for their return policy. Even if you miss the return deadline, many retailers will offer a credit note as long as the tags are still attached!

Q: I KEEP SHOES AT WORK UNDER MY DESK SO I CAN WEAR BOOTS OUTSIDE, BUT CHANGE MY FOOTWEAR WHEN I GET TO WORK. IS IT OK TO WEAR OPEN-TOED SHOES IN THE WINTER IF I'M ONLY WEARING THEM INSIDE, OR IS THIS A FASHION FAUX-PAS? - D.S.

A: Regardless of whether you are indoors or out, it is always best to dress appropriately for the season. Open-toed shoes are great for the warmer weather, but it would be best to stick to a closed toe for the winter months. Brown's shoes should be your first stop for some outstanding footwear - and with their Boxing Week Sale on now, you can save up to 70%!

Q: I'M STARTING A NEW JOB IN THE NEW YEAR, AND I NEED A WHOLE NEW WARDROBE! HOW CAN I GET ENOUGH NEW OUTFITS TO MAKE IT LOOK LIKE I'M NOT WEARING THE SAME THING OVER AND OVER WITHOUT BLOWING MY BUDGET? - N.E.

A: My suggestion would be to pick up a few great basics in a neutral colour. Go for a black suit with both pants and a skirt, and a simple black dress. As your budget permits you can add different tops and accessories to switch up the look. One day wear the suit jacket over the dress for a simple, classic look and another day wear the dress on its own, but with patterned tights and bold jewellery for an entirely different look! Zara, and Hudson's Bay both have a terrific array of business attire!

ANGIE RUSSELL | MARKETING DIRECTOR, BAYSHORE

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Design darlings of 2013

Style gurus Steven Sabados and Chris Hyndman take a look back at the top home-decor trends of the past year, and find the standout themes included artful lighting, lived-in linen, warm gold and brass accents, and the rustic look of unfinished wood. For more chic decor ideas, watch Steven & Chris weekdays at 2 p.m. on CBC.



Emerald Green

Emerald green, Pantone's 2013 colour of the year, was eagerly and enthusiastically embraced by designers and consumers. From throw cushions to sofas and wall treatments, emerald green was undoubtedly this year's "it" colour. Emerald green is vibrant, radiant and lush and it's not surprising that its popularity also sparked a renewed interest in all things glam.

Gold and brass

This was the year many vintage favourites experienced a major comeback. Gold and brass, reminiscent of decades past, became a leading trend and surfaced anywhere from hardware finishes to decor accessories.

Gold flatware appeared on tabletops. Chrome no longer dominated kitchen and bathroom fixtures as gold and brass taps offered a warm metallic glow in the room. Brass and gold decor accents became increasingly sought after this year as the idea of mixing metallics grew in popularity.

You don't need to discard your existing finishes to incorporate brass and gold into your home decor, and that's a key factor in the success of this design trend.

Natural wood

Natural wood was the material of choice for many this year. Raw wood tables with no varnish or treatments went from being showroom darlings to standard household decor.

The versatility and durability of raw wood coupled with its natural patina over time



Natural wood was the material of choice for many this year, say Steven and Chris. Crate and Barrel's Big Sur Natural collection, which includes dining tables, benches and a sideboard, has a polished wax finish and emphasizes the innate character of the wood. For more details, see crateandbarrel.com. COURTESY CRATEANDBARREL.COM

make it a sensible and stylish solution for family living. The rustic look of natural unfinished wood has also been juxtaposed with cooler elements like chrome and glass in

more formal areas of the home.

Lighting as art

Lighting as a form of artwork became a popular concept this year. Form reigned over

function for most of this year's most desired light fixtures. In 2013, lighting made a statement in the room instead of just lighting it up. Over-scale light fixtures were also a big part of this trend. Chandeliers, pendants, sconces, table lamps and floor lamps have become key extensions of a room's style and personality.

The lived-in look

In 2013, comfort was king with a big focus on natural fibres such as linen. The relaxed lived-in look was seen in many upholstered decor pieces such as casual wingback chairs and slipcovered sofas. Even drapery has moved away from traditional silk textiles to the more casual elegance of linen. The driving force of this trend is lifestyle and the move away from traditional formal choices to more liveable no-fuss options.

Lived-in comfort: Crate and Barrel's Jeremiah Jute Back Rocker features Belgian linen. See crateandbarrel.com for details.



Left, hand-shaped brass Loki Bowl, \$94, crateandbarrel.com; and below, Brass Leaf Side Table, \$189 US, urbanoutfitters.com.



Emerald, which was Pantone's 2013 colour of the year, showed up in a wide range of decor products including this Mohair Fringe Throw, \$199, from zarahome.com.



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2013 styles with staying power

Looks that will last.

Thank the higher powers of haute couture for these five crazes that are willing to commit

LIZ
BEDDALL
Metro World News

Every year a handful of trends take hold of our lives, clutching to our closets with haste and hitting the bargain bin just as quickly. This year saw plenty of questionable clothing choices sashay down the streets, but among them were a few wardrobe wins that we guarantee won't be disappearing once the winter flurries die down. Here are five fabulous looks of 2013 that Metro knows you'll still find in the new year.



Box clutches



Rose gold



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Sports

An unlikely playoff run, sending off Alfie and welcoming the future of the Senators highlight Ottawa's tumultuous year in sports



The Senators' Erik Karlsson looks up at the clock as he skates off with Bobby Ryan, Kyle Turris, Patrick Wiercioch and Clarke MacArthur in Ottawa on Dec. 14. The team hopes they can repeat last year's unlikely playoff run, but it will be an uphill battle from this point. FRED CHARTRAND/THE CANADIAN PRESS

Pesky Sens make do with a motley crew



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

Just like the four seasons, 2013 for the Ottawa Senators can easily be separated into the four following distinct periods: Injuries, Pesky Sens, July 5 and Early Disappointment.

Injuries — Devastating ailments highlighted a 48-game season. While playing during the lockout, defenceman Jared Cowen suffered a torn hip labrum. After just five games No. 1 pivot Jason Spezza required back surgery. Two weeks later, reigning Norris Trophy winner Erik Karlsson had his Achilles' tendon sliced by the skate of the Penguins' Matt Cooke. Adding insult to injuries, Craig Anderson, the league's No. 1-ranked netminder in goals-against average and

save percentage, was lost for several weeks due to an ankle sprain.

Pesky Sens — Coach Paul MacLean embraced the challenge of managing a lineup without his key players. Using as many as eight rookies on a given night, the aptly dubbed "Pesky Sens" eked out a seventh-place finish in the Eastern Conference — earning a post-season date with the Canadiens. MacLean was acknowledged for his wizardry by claiming the Jack Adams Award.

The Senators upset their closest geographical rival in five memorable games. Eric Gryba's monstrous hit

on Lars Eller set the tone for the series, leading to a bitter war of words between MacLean and Montreal coach Michel Therrien.

Game 3 featured a hat trick by newcomer Jean-Gabriel Pageau, prompting refrains of "Pageau, Pageau, Pageau," mocking the Canadiens "Olé." The home crowd also witnessed a line brawl. Game 4 epitomized the Senators season. Down two in the third, the club evened the score with seconds remaining, then Kyle Turris won it in overtime. Although the team was no match for the Penguins in Round 2, it was a truly memorable season.

Grinding it out

"Using as many as eight rookies on a given night, the aptly dubbed 'Pesky-Sens' eked out a seventh-place finish in the Eastern Conference — earning a post-season date with the Canadiens."

July 5 — When Daniel Alfredsson scooped up the puck after his last game on home ice, fans had no idea it was the last time their beloved captain would don a Senators uniform. The 17-year veteran shocked the hockey world by signing with the Red Wings.

GM Bryan Murray responded quickly, inking free agent Clarke MacArthur. Later in the day, Murray acquired four-time 30-goal man Bobby Ryan in a blockbuster deal with the Ducks.

Early Disappointment — While Murray's additions have benefited the Senators, struggles at home have the team challenging for a wild-card spot rather than a top-three Atlantic Division position as expected. With the season half complete, the club still has an opportunity to make the playoffs, but it may have to rely on the failure of others.

Most-searched teams

Leafs Nation rules the Google roost

Not even the heartbreak of a Game 7 meltdown and a dispiriting 5-4 overtime loss during last season's playoffs appears to have deterred Maple Leafs fans from keeping tabs on their team.

At least not according to Google Canada's 2013 Zeitgeist report, which tracks trending search terms.

The Montreal Canadiens came in second, followed by the Ottawa Senators, the Edmonton Oilers and the Calgary Flames.

"We're a hockey-obsessed nation and the data totally backs it up," said Aaron Brindle of Google Canada.

Here are the teams that rounded out the rest of the top 10 most searched:

1. Toronto Maple Leafs
2. Montreal Canadiens
3. Ottawa Senators
4. Edmonton Oilers
5. Calgary Flames
6. Vancouver Canucks
7. Winnipeg Jets
8. Saskatchewan Roughriders
9. Toronto Raptors
10. Hamilton Tiger-Cats

TORSTAR NEWS SERVICE

The past year has produced several highs and many lows for Canadian teams and athletes. The following storylines grabbed our attention above all the others.

THE CANADIAN PRESS

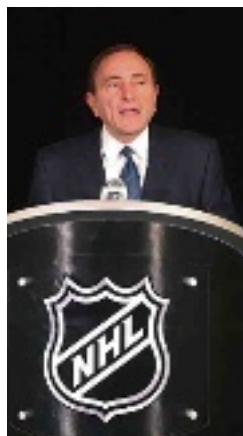
1 The end of the NHL lockout

Hockey fans rejoiced when the NHL and the NHL Players' Association reached a tentative deal to end the lockout in the early hours of Jan. 6.

The agreement was ratified by the board of governors three days later.

Just over five months later, the Chicago Blackhawks won their second Stanley Cup in four years.

Then in November, the league signed a massive new television deal with Rogers Communications worth \$5.2 billion over 12 years.



NHL commissioner Gary Bettman apologized for the tardy start of the season.

GETTY IMAGES



A season of disappointment

The Toronto Blue Jays came into 2013 as World Series favourites after a blockbuster off-season that included a 12-player megadeal with the Florida Marlins and the acquisition of reigning National League Cy Young winner R.A. Dickey.

But, though the city initially buzzed at the thought of meaningful September baseball for the first time since the team's championship years in 1992 and 1993, the campaign was a bust.

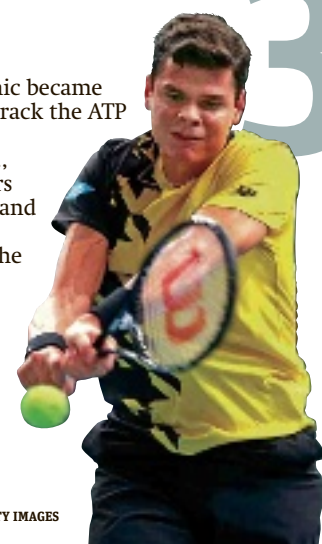
Brett Lawrie TORSTAR NEWS SERVICE

3 Raonic's rise

Tennis star Milos Raonic became the first Canadian to crack the ATP top-10 list.

The Thornhill, Ont., player made the Rogers Cup final in Montreal and was also instrumental in leading Canada to the Davis Cup semifinals.

Also making big gains on the court in 2013 were Vancouver's Vasek Pospisil and Montreal's Eugenie Bouchard, who both shot up the rankings.



Milos Raonic GETTY IMAGES



CFL double for Cornish

Calgary Stampeders running back Jon Cornish became the first Canadian in 35 years to win the CFL's most outstanding player award.

Cornish, who was also named the league's top Canadian for the second straight year, is the first Canuck to be named CFL MVP since Ottawa Rough Riders tight end Tony Gabriel in 1978.

Cornish finished the 2013 season with 1,813 yards rushing and 12 touchdowns.

Jon Cornish went on to win the 2013 Lou Marsh award as Canada's top athlete. THE CANADIAN PRESS

The top 8 sports stories of the year

Green crush

The Saskatchewan Roughriders became the third straight Grey Cup host to win the trophy, defeating the Hamilton Tiger-Cats 45-23 on Nov. 24.

The Riders won the 101st edition of the CFL championship in front of their rabid fans at Mosaic Stadium in Regina, with Kory Sheets rushing for a Grey Cup-record 197 yards and two touchdowns to help his team to just its fourth title.

"The one thing that led us to a dominant performance was that the fans were unreal," said Riders coach Corey Chamblin. "The whole (stadium) was green."



The Roughriders won the Grey Cup in Rider Nation. GETTY IMAGES



Anthony Bennett is greeted by NBA commissioner David Stern upon being drafted. GETTY IMAGES

Canadian hoops history

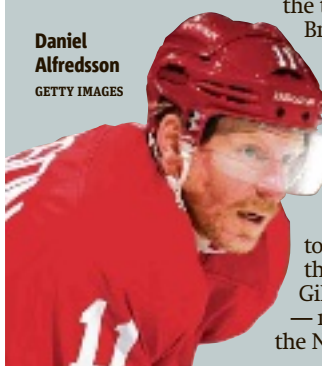
Anthony Bennett shocked many observers on June 27 when he became the first-ever Canadian to go No. 1 at the NBA draft, selected by the Cleveland Cavaliers.

"I'm just as surprised as everybody else," the Brampton, Ont., native said. Meanwhile, Vaughan, Ont.'s Andrew Wiggins was named the top high school player in the U.S.

A trio of hockey stunners

- The Toronto Maple Leafs made the playoffs for the first time since 2004 and looked set to advance to the second round when the wheels fell off in spectacular fashion. Toronto led Boston 4-1 with just over 11 minutes to go in the third period of Game 7. The Bruins won 5-4 in OT.

Daniel Alfredsson GETTY IMAGES



- Ottawa's beloved captain Daniel Alfredsson bolted from the Senators after 17 seasons to sign with the Detroit Red Wings.

- The Vancouver Canucks' goalie soap opera took an unexpected turn at the NHL draft when GM Mike Gillis traded Cory Schneider — not Roberto Luongo — to the New Jersey Devils.

GSP steps away

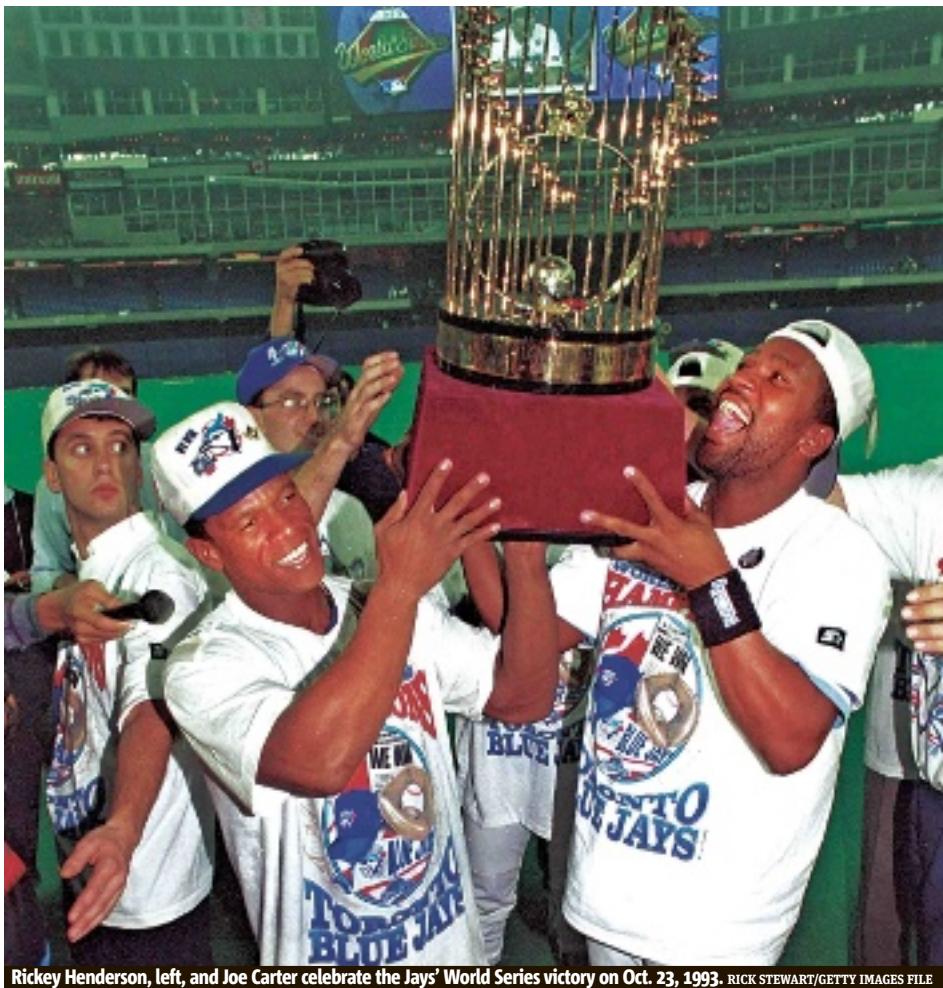
UFC welterweight champion Georges St-Pierre successfully defended his title twice in 2013.

But after a bruising and controversial split-decision victory over Johny Hendricks on Nov. 16, the Montreal fighter hinted at retirement in a cryptic post-fight interview in the cage that included a reference to unexplained personal issues and his need to step away from the sport.

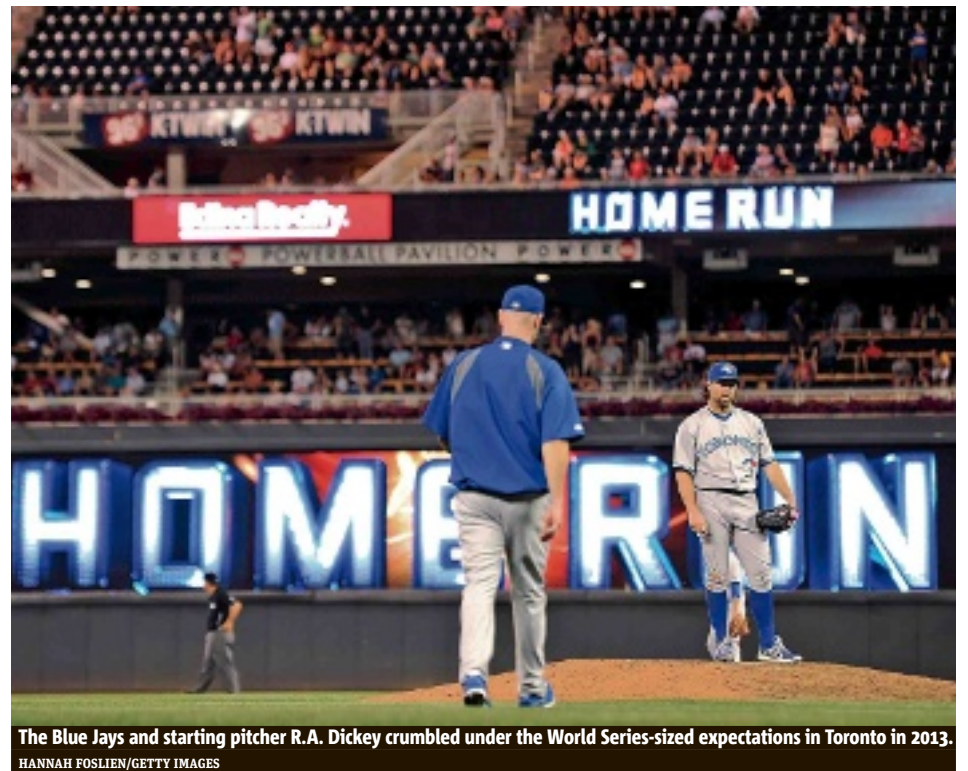
Then, on Dec. 13, St-Pierre vacated his title and announced an indefinite hiatus from the Octagon, citing the pressures of being champion.



Georges St-Pierre THE CANADIAN PRESS



Rickey Henderson, left, and Joe Carter celebrate the Jays' World Series victory on Oct. 23, 1993. RICK STEWART/GETTY IMAGES FILE



The Blue Jays and starting pitcher R.A. Dickey crumbled under the World Series-sized expectations in Toronto in 2013. HANNAH FOSLIEN/GETTY IMAGES

Answer to ending Blue Jays' playoff drought? It's Pat!



DAVE LANGFORD
dave.langford@metronews.ca

There is a wonderful piece of trivia surrounding legendary Blue Jays general manager Pat Gillick, and it goes like this.

After leading the Blue Jays to two World Series titles (1992, '93) and five division titles (1985, '89, '91, '92, '93), Gillick left the team in 1994.

And the Jays have not made the playoffs since.

In 1995, Gillick joined Baltimore as general manager and the Orioles made the playoffs in 1996 and '97. He left the team after his three-year contract ended.

The Orioles then went on a streak of 14 losing seasons before finally making the playoffs once in 2012.

Next, Gillick took his genius to Seattle where the Mariners made the playoffs in 2000 and 2001, the only time in their history they made the post-season in back-to-back seasons.

He left the team in 2003. And, yes, the Mariners have not made the playoffs since.

His next stop was Philadelphia where, as general manager, he led the Phillies to his third World Series championship. Now retired as GM,

The Jays' leaders in 2013

Wins: R.A. Dickey, 14
Strikeouts: R.A. Dickey, 177
Saves: Casey Janssen, 34
Batting average: Adam Lind, .288
Homers: Edwin Encarnacion, 36
RBI's: Encarnacion, 104
Hits: Encarnacion, 144

he continues to work for the Phillies as a senior advisor.

Meanwhile, the three teams he left behind have a grand total of one playoff appearance in 44 seasons.

And with the Blue Jays currently priding themselves on promotions such as Flashback Fridays, they need to bring back the most important person in their 36-year history — Lawrence Patrick David Gillick.

God knows they've tried everything else.

The team has just come off the most anticipated season since it last made the playoffs — and won the World Series — 20 years ago.

But the much-hyped 2013 was a disaster in every way.

It started with Opening Day

and never let up.

April 2 was the day a truly horrendous fielding catcher with some admitted pop in his bat talked manager John Gibbons and general manager Alex Anthopoulos into letting him catch a Cy Young-winning knuckleball pitcher the Jays had acquired in the off-season.

Before a crowd of 48,847 at the Rogers Centre, catcher J.P. Arencibia allowed three passed balls — should have been four but a wonky scorer decision saved him — and the Blue Jays, with R.A. Dickey on the mound, lost 4-1 to the Cleveland Indians.

Arencibia never caught Dickey again and batted .194 on the season in which he miraculously was allowed to have 474 at bats.

Yes, there were pitching challenges and injuries all season long, with starters in and out of the lineup, and the Shuffle Off to Buffalo theme song was the team's No. 1 hit.

But the tedious season in which the Jays finished last in the five-team division was essentially lost that day in April.

The only way to turn the franchise around is to bring back the Blue Jay legend, Pat Gillick. Even at the age of 76.

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Horoscopes

Aries

March 21 - April 20

You are on the threshold of a spectacular breakthrough. Which only goes to show that when you focus on a goal and follow up on it consistently, you can be a success. But don't get too full of yourself.

Taurus

April 21 - May 21

You need a change of direction and the planets will see that you get it. But don't worry. You will like what the next few weeks bring your way very much indeed.

Gemini

May 22 - June 21

You are who you are for a reason. If you stop wasting time fantasizing about who you would like to be and focus on doing a better job of who you are, you will soon be both successful and happy.

Cancer

June 22 - July 23

Your problems are not as bad as you think, so quit worrying. Cosmic activity in your opposite sign of Capricorn will bring relationship matters to a head over the weeks, but there is no need to panic. You'll survive.

Leo

July 24 - Aug. 23

You may be tempted to change something that has worked for years, but is that a good idea? There is every possibility that you will go too far and change things in a revolutionary rather than an evolutionary way.

Virgo

Aug. 24 - Sept. 23

Play to your strengths and don't let what others are doing affect you in any way. There are some things you do better than most and those are the things you should be focusing on.

Libra

Sept. 24 - Oct. 23

If you have been taking a loved one for granted, this could be a tricky day. Somehow you need to convince them that your feelings are still the same but it will take more than just words.

Scorpio

Oct. 24 - Nov. 22

Something important is about to happen and chances are you will enjoy it. Most likely it will have something to do with your social life, so get out into the world and smile big!

Sagittarius

Nov. 23 - Dec. 21

You may come into money over the next few days but it would be wrong to count on it to get you out of trouble. The only way you are going to improve your financial situation is to cut back on your commitments.

Capricorn

Dec. 22 - Jan. 20

As cosmic activity in your sign reaches a peak over the new year period, you'll have to deal with situations that in the past you've tried to avoid. The good news is solutions can be found, but you've got to act now.

Aquarius

Jan. 21 - Feb. 19

If your present approach to a problem is not working then clearly you need to tackle it from a different angle. Some people say you're too inflexible, too set in your ways to change. Prove them wrong.

Pisces

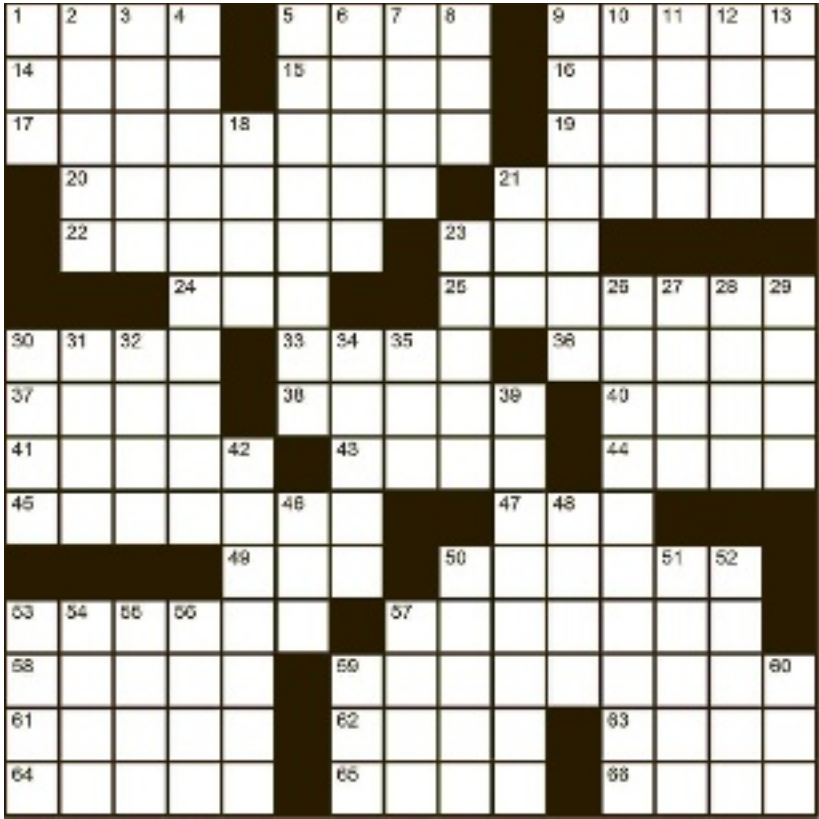
Feb. 20 - March 20

Pay attention to what loved ones tell you over the next 24 hours because they can see something that you missed. If you listen to what they say and act on their advice, it could save you trouble. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Pasta, e.g.
5. 17th Greek letters
9. Mother-of-pearl
14. ___ code
15. Nobleman
16. Once more
17. December 26th significance: 2 wds.
19. Rene of movies
20. Be drifting alone at sea ...but suddenly become joyfull: 2 wds.
21. Slightly adjusts
22. Accompaniment
23. Musical fifth note, variantly
24. Exclaimed "That hurts!", say
25. Shopping: Door-___ special
30. George Michael's '80s group!
33. Architect Mr. Saarinen
36. France's longest river
37. Rush
38. Pilotless aircraft
40. Gift Tag: To and ___
41. Nimbi
43. Prince of Wales' motto, Ich ___ (I Serve)
44. Dick Tracy's beloved, ___ Trueheart
45. '50s TV series about a Quebec family, "La famille ___"
47. Best, ___-rated
49. Fee-fi-fo-___
50. North or South, in The States



53. Neil Young song: 2 wds.
57. Subscriber's extension
58. Wickerworker's willow
59. Traditional pudding of Newfoundland: 2 wds.

61. Billy Bob Thornton flick, "The Man Who ___ There" (2001)
62. 'Myth' suffix
63. National Velvet author Ms. Bagnold
64. Tiffs
65. Foundation
66. Lines of travel, for

short

Down

1. Taxi
2. Sprang up
3. T. ___ (Some dinosaurs)
4. ___, Quebec (Former PM Brian Mulro-

- ney's birthplace)
5. Viewed as
6. "In case you ___ noticed..."
7. Toward the mouth
8. Slick
9. Arctic whale having a spiral tusk
10. Chill

11. House, in Havana
12. Board game
13. Biblical grandson
18. Sugar substitute, Sweet' ___
21. Maple Leafs, on scoreboards
23. Elegant biscuit
26. Ski slope surface sometimes: 2 wds.
27. Contract
28. God of love in Greek mythology
29. Sleep stages, commonly
30. Gift ___
31. Transport stuff
32. Prefix to 'phobia' (Fear of heights)
34. Canadian fashion designer Mr. Moralioglu
35. French queen's mate
39. Mire
42. Attempts
46. Amusing
48. ___-dokey
50. Manet painting contemporary
51. Razz
52. 1966 Michael Caine film
53. Awesomenesses!
54. Office request [acronym]
55. Marge's daughter
56. Prince Michael of ___ (Queen Elizabeth's cousin)
57. Costa ___
59. Taradiddle
60. Hose-using rescue units, for short

Dec. 24th's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Dec. 24's Sudoku



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